

If you work it It Works!

The Science Behind
12 Step Recovery



Joseph Nowinski, Ph.D.

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If You Work It, It Works!

By Nowinski, Joseph, Ph.d.

Perseus Distribution Services, 2015. Paperback. Book Condition: New. 13.97 x 21.59 cm. " Since the publication of Alcoholics Anonymous in 1939, the Twelve Steps have been central to staying sober for millions of people around the world. Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors. But recently a growing chorus of critics has questioned the science behind this model. In this book, Nowinski calls upon the latest research, as well as his own seminal Project MATCH study, to show why systematically working a Twelve Step program yields predictable and successful outcomes. Whether you're thinking of joining a Twelve Step group, or simply want to understand the science fueling one of the greatest social movements of our time, this book is for you. As any AA member will tell you, "It works if you work it." Clinical psychologist Joseph Nowinski, [Url removed]s taught at the University of California San Francisco and the University of Connecticut, where he also served as Supervising Psychologist, University of Connecticut Health Center. His Twelve Step Facilitation Therapy is listed in the National Registry of Evidence-based Programs and Practices. Coauthor of Almost Alcoholic with Robert Doyle, Nowinski also...



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