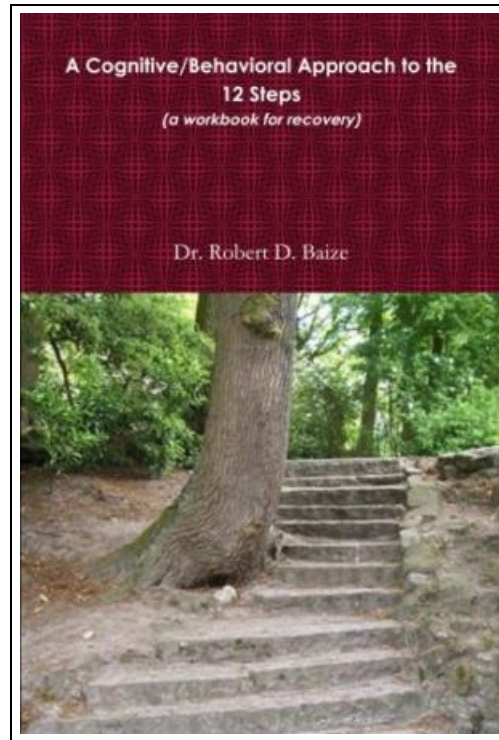


## A Cognitive/Behavioral Approach to the 12 Steps



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Lulu.com, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Many people who live with addictions speak of sobriety. But the goal is not sobriety but recovery. Sobriety is doing without something while recovery is the reclaiming of something lost. Recovery is reclaiming life. There will never be recovery without first there being personal change. Cognitive/Behavioral therapy is an extremely effective tool in moving a person towards personal change by challenging a person s belief system behind their behavior. Change the belief system and you change the behavior. The 12 Steps work in help people change but only as they are allowed to challenge how a person actually believes. This book is in a workbook format so that it can be a workable instrument which is meant to spark discussion and debate. As a private practice therapist I have included many examples that I hope would be found helpful.

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