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Over 30 years of booze had taken its toll. I had a choice - stay sober or drink and say goodbye to living. This is the story of my first year of sobriety. I want you to share the highs and lows and meet the friends and foes I met throughout the journey. I hope you can accept the message and pass it on to the still suffering alcoholics. It only takes one day at a time.

Caught in the swirling momentum of the early 1970's unrest -- the Vietnam war protests, the advent of feminism, birth control, and a culture that questions all authority -- the naive Meredith Byrne becomes entangled in an illicit relationship from which she's desperate to escape. When she meets the dazzling Robert Baird, she believes he's her way out. One

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night, Robert shares a dangerous secret -- one that makes Meredith doubt the wisdom of her attraction. But she chooses to bury these fears, and the pair jump into a marriage for which neither is prepared. The honeymoon over, Robert begins to recreate Meredith. Afraid he will leave her, Meredith struggles to be the perfect wife; going platinum blonde, wearing only the fashions he approves of, and even wrapping herself seductively in Saran wrap. All to no avail. When she turns to professional help, Robert suggests they see a priest for counseling. The priest, hiding secrets of his own, takes Robert's side, and when Meredith finds herself in a profound moral crisis, advises the unthinkable! Ultimately, she must choose between a life of bitterness and anger, or one in which she comes to terms

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with her husband, the priest, and, most importantly, herself."

Reproduction of the original: Neaera by John W. Graham

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5–10 percent success rate—hardly better than no

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treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program 's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of

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AA ' s rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. The Sober Truth includes true stories from Dr. Dodes ' s thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation ' s most famous rehabilitation centers. The Sober Truth builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to

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understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

A Healing Journal is a collection of poetry designed to give inspiration to those who are in search of the path to recovery and spiritual peace. Appealing to readers who are interested in poems conveying inspirational messages of hope, love, and faith, these are poems which have helped Patrick through his recovery....

"The Jesuit review of faith and culture," Nov. 13, 2017-

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