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THE REAL 13TH STEP: Discovering Confidence, Self-Reliance ...

The Real 13th Step: Discovering Confidence, Self-Reliance and Independence, A well written, important book that provides an invaluable corrective to the dependency orientation of the recovery movement. It lucidly points the way to the next step: the cultivation of independence

The Real 13th Step: Discovering Confidence, Self-Reliance ...

The Real 13th Step shows us the means to growth beyond recovery "...that transcends any permanent dependency on the program to keep them free from addiction." Certainly Dr. Tessina holds the A.A. program in high esteem, but at the same time, shows the reader that there is life beyond the group and beyond recovery.

The Real 13th Step: Tina B. Tessina, Ph.D., Stacey A ...

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Showing what can lie beyond recovery through 12-step programs, Tessina teaches readers how to develop the three central skills of true independence: risk taking, problem solving, and coping with failure. She then shows them how to take control of their own lives and remain free of the fear of relapse or setback in their recovery.

Tina Tessina Ph.D. is a psychotherapist specializing in recovery and addiction. Her controversial, breakthrough book offers evidence that in many cases true recovery from addiction should end in graduation from addiction programs into a life of autonomy, self-reliance and independence. "The premise of this intelligently written title is bound to cause some controversy. Recommended for popular psychology, self-help and recovery collections" - The Library Journal. "Offers strategies that can help people struggling with addictions develop the skills and abilities they need to make clear, effective choices about their own lives - with or without the continuing support of a formal recovery group." - Yoga Journal "A therapist's prescription for avoiding addiction to a recovery group." - New Age Journal "Hope of freedom, self-confidence and completion to people in self-help or 12-step recovery programs who have been told they will never be fully recovered." - American Bookseller "A manual for those in self-help programs" - Publisher's Weekly Despite the millions who've found relief from addictive and compulsive habits through 12-step programs, these same programs' insistence that members always keep coming back unwittingly fosters attitudes that can undermine the foundations of a successful, healthy life. The Real 13th Step refutes the bedrock recovery principle that some people are just born with addictive personalities. Instead, therapist Tina Tessina identifies the underlying cause of addiction as learned dependency, and teaches readers how to develop the three central skills of true independence: risk-taking, problem-solving, and coping with failure. Her book then offers practical advice about applying these principles in every aspect of life: relationships, work, decision-making, and managing the continuing temptations of addiction. Readers will learn how they can take control of their own lives and remain free of the fear of relapse or setback in their recovery. If you are a successful member of a recovery program and feel you've benefited enormously from it, but are also beginning to sense that your progress toward functioning independently in the outside world may be hindered by the program itself, then the time has come for you to Read The Real 13th Step and graduate from your dependence on the group's help. The last recovery book you will ever need. This is the paddle you don't want to be up the creek without"- Don Fultz, recovery expert "The Real Thirteenth Step contains a wealth of astonishingly practical information. Very few therapists can provide better tools for personal growth" -San Francisco Bay Guardian "A well written, important book that provides an invaluable corrective to the dependency orientation of the recovery movement. It lucidly points the way to the next step: the cultivation

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of independence and personal autonomy. Imperative reading for every graduate of the twelve-steps." -Nathaniel Brandon, PhD, Psychologist and author of Honoring the Self Tina B. Tessina, Ph.D. , is a licensed psychotherapist in private practice in southern California since 1978, and the author of 13 books in 17 languages. In her private practice, she counsels both individuals and couples. She is a Diplomate of the American Psychotherapy Association, a Certified Domestic Violence Counselor, and a Certified MFT Training Therapist. She writes the syndicated "Dr. Romance" blog, and the "Happiness Tips from Tina" email newsletter. Dr. Tessina is CRO (Chief Romance Officer) for LoveForever.com, Online, she's known as Dr. Romance, and Therapist Tina. She is a YourTango.com expert. She has written for and been quoted by Glamour, Marie Claire, Cosmopolitan, Redbook, Ladies Home Journal, WebMD.com, TimeOnline.com and many other national publications. Special introductory price \$12.99; regular price \$15.99

Here is the first practical guide for dealing with the moral issues that regularly confront clinicians in their work. Written for all mental health professionals, *Doing the Right Thing: An Approach to Moral Issues in Mental Health Treatment* offers a framework both for making moral decisions concerning the treatment of patients and for helping patients deal with their own moral concerns. Drawing on current thinking in several disciplines, *Doing the Right Thing* introduces the concept of moral functioning as a basis for therapeutic influence. Numerous case examples illustrate how to Assess patients' ability to function morally -- Learn how six basic capacities needed for moral functioning develop, and how identifying problems in an individual's moral functioning can help guide the formulation of a treatment plan. Treat patients with problems functioning morally -- Appreciate when it is time to set aside neutrality as a therapeutic stance in favor of a more direct approach to helping patients make moral commitments, decisions and self-assessments and develop moral character. Deal with the moral aspects of clinical decision-making -- Develop a framework for making moral choices in planning the direction of treatment, confronting resistance and addressing problems in caring effectively. Help patients address moral challenges -- Learn how to take into account your own and the patient's values in reasoning through moral dilemmas. Understand more clearly how to help patients deal with unfair pain caused by others, as well as the guilt and shame caused by their own moral failures. Employ the therapeutic potential of moral growth, transformation, and integration -- Discover the role of a clinician in helping demoralized patients reformulate their ideals for better outcomes. Recognize where a moral paradigm is useful in improving the delivery of mental health care. Concise, clear, and clinically relevant, *Doing the Right Thing* is a valuable, thought-provoking guide for both new and seasoned mental health practitioners who live and work in a morally complex environment. It is also an excellent supplementary text for courses dealing with the practice of psychotherapy and the ethical aspects of mental health care.

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In 1998, scientist, healer, and mystic Jude Currivan heard an inner message - a call to undertake a global quest that would transform her life and take her and her fellow travelers on an inner and outer odyssey that would ultimately reveal our hidden heritage and cosmic destiny. The initial intention of these journeys was to activate the healing energies of 12 ancient Lemurian artifacts around the earth to support the collective shift of awareness prophesied for 2012. But an even deeper purpose began to unfold. . . The native elders of indigenous traditions around the world say that in these momentous times, 'We are the ones we have been waiting for. ' As did the heroes of mythology, we are now about to embark on a spiritual quest to remember the wholeness of who we really are. The 12 activations and the opening of a galactic portal were completed during the December solstice of 2003, but in 2006 a further call heralded a 13th healing journey. As we approach 2012 and experience the birth pangs of a new age, this book shares an inspirational message of hope and reconciliation. It offers an empowering call for every one of us to embody our own divinity and fulfill our highest purpose as the heroes of this transformation.

Your students and users will find biographical information on approximately 300 modern writers in this volume of Contemporary Authors(r) .

Sue's sense of humour and zest for life are reflected in her narration. The 13th Step is not about the predatory thirteenth step experienced by some in twelve-step programmes. In this book, Sue helps those who are ready to grasp life firmly and make the changes necessary to live fully. She writes with honesty and integrity about her life experiences and subsequent personal development to create change. She shares all the tools she used to transform her own life, hoping it may be of help to others.

Unhappy couples may be unhappy each in their own way - but they're all fighting about the same things: money, sex and kids. These three topics often cause conflict that can erode even the strongest marriages. In this prescriptive, practical guide, popular author and therapist Dr. Tina B. Tessina shows couples how to deal with their differences in these critical areas, and resolve them before they take their toll on their relationship. They learn the proper etiquette for marital debate, as well as creative approaches to solving the problems that confront them in their life together. Given today's high divorce rate statistics and the so-called age of the 'serial marriage' - Money, Sex and Kids helps couples avoid the divorce court by addressing the divisive issues most likely to tear their unions apart.

Dr. Tina Tessina helps women walk confidently into the prime of life. At last, a book for 40+ women that does not focus on growing old

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gracefully, but on finishing the process of growing up, finally becomes a fully actualized adult. Isadora Alman, syndicated Ask Isadora columnist and author The longtime psychotherapist and bestselling author of The 10 Smartest Decisions a Woman Can Make before 40 now turns her attention to the special challenges and opportunities available to women over forty. In mid-life, many women find themselves in new circumstances. Women with grown children discover more free time or consider returning to school, or a new career. Movers and shakers may want to consider the possibility of setting up their own businesses. Women of all sorts will find themselves thrust into the role of caretakers to their parents and grandparents. This practical and effective book helps them map their options and outline their strategies for taking complete control of their lives. In a clear step by step guide, Dr. Tessina demonstrates how a woman over forty can make her own best decisions in: * taking on a new role in the family * caring for aging parents * revitalizing a career, breaking through the glass ceiling, beating the stereotype of the older employee, and deciding whether to move to a new job or to set up a home business. * revitalizing friendships and personal relationships and building new ones * staying fit and healthy acknowledging changing nutritional needs, physical changes, making the best of menopause, and avoiding depression. * managing finances to plan for the future, drafting a will, and evaluating retirement plans * discovering and accepting a new mature self, finding meaning and purpose, creating fun, achieving balance in life, and discovering the benefits of giving something back. The Ten Smartest Decisions a Woman Can Make after Forty is a reference guide and handbook for getting the most out of the second half of life. It is a McNaughton Selection. "The suggestions Tina Tessina offers for creating a more fulfilling life apply to all of us of any age or either sex, but particularly speak to the modern, mature woman." Isadora Alman "A fresh approach to midlife recharging. Both practical and inspirational, this book shows how to add both more security and more pizzaz to any woman's all grown up years." Susan K. Perry, Ph.D., social psychologist and author of the bestselling Writing in Flow.

In US of AA, Miller shares the never-before-told story of how in the aftermath of prohibition America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective remedies accumulated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry

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Edition money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

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