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The Real 13th Step: Discovering Confidence, Self-Reliance, and Independence Beyond the 12-Step Programs 1. Have you identified and admitted your obsessive, compulsive or addictive behavior? 2. Have you maintained abstinence or sobriety for six months to one year without relapse? 3. Have you ...

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

The Real 13th Step: Discovering Confidence, Self-Reliance, and Independence Beyond the 12-Step Programs refutes the bedrock recovery principle that some

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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.

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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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THE REAL 13TH STEP: Discovering Confidence, Self-Reliance, and Independence Beyond the Twelve-Step Programs (Revised Edition) by Tina Tessina Ph.D. Format: Kindle Edition Change

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.

Building upon the effectiveness of existing recovery programs, this guide describes how to develop the skills needed to cope successfully with all aspects of life

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.

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...

Hayward's life story weaves the real and the mysterious, the personal and the universal into a uniquely gripping story of self-discovery through his spiritual awakening within the Native American Church; an awakening that saved his life.

Your hero is not the most important character in your book. Your villain is. Are you fed up of drowning in two-dimensional villains? Frustrated with creating clichés? And failing to get your reader to root for your villain? In *13 Steps to Evil*, you'll discover: + How to develop a villain's mindset + A step-by-step guide to creating your villain from the ground up + Why getting to the core of a villain's personality is essential to make them credible + What pitfalls and clichés to avoid as well as the tropes your story needs Finally, there is a comprehensive writing guide to help you create superbad villains. Whether you're just starting out or are a seasoned writer, this book will help power up your bad guy and give them that extra edge. These lessons will help you master and control your villainous minions, navigate and gain the perfect balance of good and evil, as well as strengthening your villain to give your story the tension and punch it needs. If you like dark humor, learning through examples and want to create the best villains you can, then you'll love Sacha Black's guide to crafting superbad villains. Read *13 Steps to Evil* today and start creating kick-ass villains.

The *Workaholics Anonymous (WA) Book of Discovery* is a guide to 12 Step writing and reflection. This workbook contains Step questions and space to write answers, thought provoking stories from members of the WA fellowship, and selected readings from WA and AA literature. Non-verbal activities are included to lend creative perspectives to the 12 Steps and spark a fresh look at healthier, lighter living. WA groups can use the guide for discussion topics or interactive sharing of personal reflections.

A collection of articles debating the seriousness of alcoholism, its causes, treatment, and its effects on families.

The essential guide to building and programming LEGO EV3 interactive robots *Exploring LEGO Mindstorms: Tools and Techniques for Building and Programming Robots* is the complete guide to getting the most out of your LEGO Mindstorms EV3. Written for hobbyists, young builders, and master builders alike, the book walks you through fundamentals of robot design, construction, and programming using the Mindstorms apparatus and LEGO TECHNIC parts. Tap into your creativity with brainstorming techniques, or follow the plans and blueprints provided on the companion website to complete projects ranging from beginner to advanced. The book begins with the basics of the software and EV3 features then lets you get to work quickly by using projects of

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increasing complexity to illustrate the topics at hand. Plenty of examples are provided throughout every step of the process, and the companion website features a blog where you can gain the insight and advice of other users. Exploring LEGO Mindstorms contains building and programming challenges written by a recognized authority in LEGO robotics curriculum, and is designed to teach you the fundamentals rather than have you follow a "recipe." Get started with robot programming with the starter vehicle, Auto-Driver Explore the features of the EV3 brick, a programmable brick Design robot's actions using Action Blocks Incorporate environmental sensors using Infrared, Touch, and Color sensors Expand the use of data in your program by using data wires with Sensor Blocks Process data from the sensors using Data Operations Blocks Using Bluetooth and WiFi with EV3 Build unique EV3 robots that each presents different functions: the Spy Rabbit, a robot that can react to its surroundings; a Sea Turtle robot, Mr. Turto; the Big Belly Bot, a robot that eats and poops; and a Robotic Puppy Guapo Discover ideas and practices that will help you to develop your own method of designing and programming EV3 robots The book also provides extensive programming guidance, from the very basics of block programming through data wiring. You'll learn robotics skills to help with your own creations, and can likely ignite a lasting passion for innovation. Exploring LEGO Mindstorms is the key to unlocking your EV3 potential.

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