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Overcoming Addiction A Twelve-Step Companion Guide

Douglas Dobberfuhl, M.S.

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Overcoming Addiction A Twelve-Step Companion Guide

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Overcoming Addiction A Twelve-Step Companion Guide Douglas Dobberfuhl, M.S.
A twelve-step guide to healing from addiction

Overcoming Addiction: A Twelve-Step Companion Guide answers the often asked question: How do I work the Church s twelve steps? With exercises, meditations, scriptural examples, and real-life stories of recovery, Overcoming Addiction is designed to be used hand in hand with the Church s inspired manual. This companion guide helps the addict to more completely experience the power and promises of the twelve steps, and to apply the Savior s atonement to achieve lasting sobriety.
Overcoming Addiction is an essential tool for anyone struggling with addiction, as well as for family members of addicts and for professional counselors and addiction-recovery group leaders.

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