

# SOS

S O B R I E T Y

MORE  
SUCCESSFUL  
THAN AA!

The Proven  
Alternative  
to 12-step  
Programs

**BY JAMES CHRISTOPHER**  
founder of the  
Save Our Selves Movement



# S O S Sobriety The Proven Alternative To 12 Step Programs

**Michael S. Levy**



## **S O S Sobriety The Proven Alternative To 12 Step Programs:**

**AA Not the Only Way** Melanie Solomon, 2008 A discussion of alternative resources for addiction treatment including a comprehensive directory of licensed professionals and treatment programs SOS Sobriety James Christopher, 2010-08-05 In this controversial book the founder of S O S Secular Organizations for Sobriety or Save Our Selves describes his sobriety priority approach to abstinence and attacks programs that promote controlled drinking for alcoholics and that insist alcoholism is a behavioral problem rather than a physiological and genetic one *Encyclopedia of Drug Policy* Mark A. R. Kleiman, James E. Hawdon, 2011-01-12 Spanning two volumes of approximately 450 entries in an A to Z format this encyclopedia explores the controversial drug war through the lens of varied disciplines A full spectrum of articles explains topics from Colombian cartels and Mexican kingpins to television reportage from just say no advertising to heroin production and from narco terrorism to more than 500 billion in U S government expenditures Key Themes Cases Conferences and Conventions Countries Affecting U S Drug Policy Drug Trade and Trafficking Laws and Policies Organizations and Agencies People Presidential Administrations Treatment and Addiction Types of Drugs Lowinson and Ruiz's Substance Abuse Pedro Ruiz, Eric C. Strain, 2011 A comprehensive authoritative text on all aspects of substance abuse and addiction medicine Scientific topics such as the biology of various addictions and all dimensions of clinical treatment and management are addressed by a wide range of leading contributors Behavioral addictions are addressed also so the text is not solely devoted to specific substances and their misuse Provided by publisher *How to Quit Drugs for Good* Jerry Dorsman, 2009-02-04 Free Yourself from Addiction Quitting drugs may be the best thing you can do for yourself and your loved ones But it can also be the toughest challenge of your life This book can help Jerry Dorsman author of the acclaimed *How to Quit Drinking* Without AA and a respected therapist who specializes in addiction recovery has helped thousands of people quit drugs and get on with their lives In *How to Quit Drugs for Good* Dorsman helps you find the best approach to beating any drug habit from barbiturates and prescription drugs to marijuana cocaine and heroin Through a series of self discovery exercises worksheets and checklists you will learn how to Determine if you have a drug problem Examine your individual reasons for using drugs Decide when and how you want to quit Develop your own treatment plan Choose the techniques that will work for you Create your own success And much much more *Circles of Recovery* Keith Humphreys, 2003-10-30 Self help organizations across the world such as Alcoholics Anonymous Croix D Or The Links Moderation Management Narcotics Anonymous and SMART Recovery have attracted tens of millions of individuals seeking to address addiction problems with drugs or alcohol This book provides an integrative international review of research on these organizations focusing in particular on the critical questions of how they affect individual members and whether self help groups and formal health care systems can work together to combat substance abuse Keith Humphreys reviews over 500 studies into the efficacy of self help groups as an alternative and voluntary form of treatment In addition to offering a critical review of the international

body of research in this area he provides practical strategies for how individual clinicians and treatment systems can interact with self help organizations in a way that improves outcomes for patients and for communities as a whole

**The Quest for the Inner Human** Steven H. Propp, 2013-12-03 Psychology means the study of the soul it is the social science concerned with investigating who we are why we have certain feelings and why we do the things we do Are we no more than a vast assembly of nerve cells and their associated molecules Is biology our genetic inheritance destiny or does social upbringing play a crucial role What are the roles played by Nature and by Nurture Are we purely physical beings or is there an aspect that can be called spiritual This thought provoking novel takes you on a journey of intellectual and emotional exploration considering along the way questions that we've all asked ourselves such as Is it true that we only use 10% of our brains Does playing classical music for infants increase their intelligence Do crime rates go up during a full moon Can hypnosis or post hypnotic suggestions make us do something we wouldn't normally do Does subliminal advertising influence us to buy products Are our memories stored indelibly almost like a tape recorder What causes memory lapses as we age Can repressed traumatic memories be recovered through hypnosis Do some people have multiple personalities How can I tell if someone has a neurosis or a psychosis Do men have an inner feminine side and women an inner masculine Are there innate psychological differences between males and females The four main characters in this book will guide you through a diverse and sometimes bewildering world of differing approaches to answering such questions such as Freudian Jungian and Adlerian Humanistic Existential and Transpersonal as well as Cognitive Emotive and Behaviorist Along the way you will learn about the developmental stages proposed by psychologists such as Erikson Kohlberg Piaget and Fowler and even explore some of the questions currently being asked by both neuroscientists and philosophers of the mind Start reading to begin your study of our innermost selves

Take Control of Your Drinking Michael S. Levy, 2021-01-12 Accepting that there is no one size fits all approach to controlling drinking the latest edition of this bestselling book will help you assess your drinking and determine whether moderation or abstinence is the best path for you For decades the standard treatment for people struggling with alcohol consumption has focused on convincing them to admit that they are an alcoholic to stop drinking entirely and to enter into a program most commonly Alcoholics Anonymous But in his more than thirty five year career as an addiction specialist working with people who want to change their drinking habits Michael S Levy has found that the routes to behavioral change actually vary And although abstinence is the successful route for many people others can moderate their drinking on their own or with professional help In this practical effective and compassionate book Levy helps people take control of their alcohol problem by teaching them how to think about and address their drinking habits Beginning with a set of self assessments that reveal whether the reader's use of alcohol is creating problems Levy explains the causes of problem drinking discusses the growing recognition of the various ways an alcohol use disorder can show itself and talks about why it is so difficult to change Offering advice for choosing between moderating your drinking or abstaining altogether he also

touches on coping with slipups fighting helplessness and the fear of failure and knowing when moderation is not achievable The book is unique in that instead of telling people what they need to do it meets people at their stage of change and level of readiness to change and helps them decide for themselves what they need to do Drawing on the latest scientific evidence this new edition includes a chapter on the concept of self medication a useful but at times overused idea a chapter on the concurrent use of drugs particularly cannabis during recovery an exploration of modern strategies for dealing with drinking including technology apps that count drinks for example and medications that curb alcohol consumption reflections on the use of stigma communication strategies for individuals seeking to share their struggle with others an exploration of common triggers additional worksheets and tips to achieve success further material about self help programs and insights about the dark side of addiction treatment Ultimately Take Control of Your Drinking empowers people to tackle their drinking problem and gives them the freedom to do so in a way that fits with their own lifestyle and values This book is useful for anyone who may find that they are drinking too much for the loved ones of such people and for clinicians who want to broaden their skills when working with people who struggle with alcohol *Overcoming Your Alcohol, Drug & Recovery Habits* James DeSena, 2002-09-01 Recognizing that an addiction to 12 step programs can be just as dangerous as an addiction to alcohol or drugs this book provides techniques to counter the self defeating beliefs that lead to addiction It enables those who have gone through Alcoholics Anonymous Narcotics Anonymous and formal 12 step addiction treatments to overcome the self destructive beliefs and attitudes that these programs promote These include the idea that addicts and alcoholics are powerless the belief that addiction is an incurable disease the assertion that people who slip inevitably lose control and the notion that those who reject the 12 step approach are doomed Devoted to helping individuals indoctrinated in 12 step dogma recognize their destructiveness this book provides effective psychological techniques to vanquish negative thinking and help individuals regain control of their lives *National Library of Medicine Current Catalog* National Library of Medicine (U.S.), 1993 First multi year cumulation covers six years 1965 70 [Making Known the Biblical History and Roots of Alcoholics Anonymous](#) Dick B., 2006 One of a kind bibliography research and history resource containing explicit information about author Dick B s 16 years of research 1 Collecting over 25 000 books and materials on the roots of A A 2 Using them in the publication of his 26 titles more than 120 articles and over 30 audio talks 3 Describing where he went for the history where it is located who was interviewed and what it contains 4 It lists titles Dick used in his writing all of the background titles involved in A A s use of the Bible Quiet Time Oxford Group life changing program Anne Smith s Journal Rev Sam Shoemaker s teachings religious literature AAs read the United Christian Endeavor Movement Carl Jung William James William D Silkworth Richard Peabody Emmet Fox and many other New Thought influences 5 It lists all the books in A A founder Dr Bob s library and collections a list found nowhere else 6 It contains manuscripts from archives and libraries and personal collections all over the U S and England 7 There is a huge collection of temperance books and literature described 8

Topical books by A A about A A about alcoholism about spirituality about the Bible religion and clergy 9 Included are records of Dick s notes and interviews 10 Almost this entire collection of materials has been donated to and can now be found and studied at Griffith Library which is part of The Wilson House birthplace of Bill W in East Dorset Vermont Taken together this reference volume and the actual materials in the Griffith Library constitute the largest and most complete record of early A A historical materials in the world today other than the Library of Congress items

**Treating Substance Abuse** Scott T. Walters, Frederick Rotgers, 2011-12-13 Widely adopted this state of the art work is grounded in the best available knowledge about substance abuse and its treatment The editors and contributors are leading authorities who provide a complete introduction to each of today s major evidence based treatment approaches from conceptual underpinnings to clinical applications The third edition has been revised and updated to reflect significant advances in research theory and technique Entirely new chapters cover the biology of substance use disorders treatment in primary care settings and case management The third edition retains the structure that makes the book so popular as a course text and practitioner resource Following an introductory overview paired chapters focus respectively on the theory and practice of each approach including motivational contingency management cognitive behavioral 12 step family and pharmacological models Theory chapters explain basic assumptions about how people develop maintain and recover from substance use disorders and concisely review the research support for each approach Practice chapters then offer a start to finish view of treatment covering such crucial topics as the therapeutic relationship assessment procedures goal setting the sequencing of interventions how denial and resistance are addressed the role of self help groups and strategies for preventing and dealing with relapse Illustrative case examples are included The volume concludes with three chapters on integrating different techniques to meet patients needs in a range of clinical settings Written for a broad audience this book is an essential text for courses in substance abuse treatment and addiction counseling Experienced substance abuse clinicians including clinical psychologists clinical social workers psychiatric nurses counselors and psychiatrists will find it a valuable reference for staying up to date on current treatment approaches

**Recovery the Native Way** Dr. Alf H. Walle, 2008-11-01 This book is written in the belief that many Native substance abusers suffer because their cultural heritage is being swept away or because they have lost contact with it While Alcoholics Anonymous and Narcotics Anonymous provide wonderful leadership to millions of people they do not deal with the pain that can arise when cultures weaken and die or when people are cut off from their heritage While not seeking to replace tools of recovery such as Alcoholics Anonymous and Narcotics Anonymous this book deals with the fact that people often lose the ability to cope when their cultures are under attack The resulting pain can lead to substance abusers If strengthened however the traditions of a people can help people regain their sobriety The example of Handsome Lake a Native leader who lived many years ago demonstrates the power of tradition Handsome Lake was an alcoholic near death who at the last possible moment regained his sobriety and invented a method that helped the Iroquois people overcome their

alcoholism and restore their culture This strategy was made up of two parts 1 reaffirming and strengthening the culture and 2 living a sober life while undoing past wrongs This book is written to how how Handsome Lake s inspirational example can help today s Native people who seek recovery from substance abuse **Battling the Inner Dummy** David L.

Weiner,2013-01-29 From the sexcapades of Bill Clinton to the unbelievable story of Hugh Grant and the prostitute from the 15 year old who weighs only 82 pounds but believes she s obese to the professor who screams profanities at other drivers in snarled traffic we wonder out loud What are they thinking What drives so many apparently normal intelligent people to act irrationally harming themselves and others According to Sigmund Freud such behavior may be caused by the id our built in mental invitation to everything from dangerous fun to horrendous acts of irrationality For popular psychology writer David Weiner id stands for Inner Dummy the part of the brain that we must come to understand if we are ever to know why we do foolish irrational and compulsive things Drawing on the groundbreaking theories of evolutionary psychology Battling the Inner Dummy localizes the source of our irrationality in the limbic id the most primitive part of our brain that endlessly thirsts for status sex territory nurturance and survival We become captured by these drives Weiner says By understanding our Inner Dummy we can avoid disasters in our own lives Along with sound advice from clinical psychiatrist Dr Gilbert Hefter on how to handle our own Inner Dummies with built in rewards and punishments Weiner brilliantly interweaves delightful imagined conversations with Freud and staffers at a mythical advertising agency who have been given the assignment of communicating the nature of the id s irrationalities to the general public e g t shirts that say Would someone please fix my Inner Dummy before I fall in love with another idiot and a bathroom scale that allows you to weigh eight pounds less each time you use it This inviting humorous romp with Inner Dummies who have made the news illustrates how we can apply ID prevention in our daily lives and includes all the major strategies science and medicine have developed over the years to counter Inner Dummies that threaten our well being See how well you re handling your own inner dummy by taking the quizzes at [www.innerdummy.com](http://www.innerdummy.com)

**Dictionary Of Atheism Skepticism & Humanism** Bill Cooke,2009-12-30 In the tradition of Voltaire s Philosophical Dictionary Ambrose Bierce s Devil s Dictionary and Joseph McCabe s Rationalist Encyclopedia this accessible dictionary addresses the contemporary need for a reference book that succinctly summarizes the key concepts current terminology and major contributions of influential thinkers broadly associated with atheism skepticism and humanism In the preface author Bill Cooke notes that his work is intended for freethinkers in the broadest sense of the word people who like to think for themselves and not according to the preplanned routes set by others This dictionary will serve as a guide for all those people striving to lead fulfilling morally responsible lives without religious belief Readers are offered a wide range of concepts from ancient well known notions such as God free will and evil to new concepts such as eupraxsophy Also included are current buzzwords that have some bearing on the freethought worldview such as metrosexual The names of many people whose lives or work reflect freethought principles form a major portion of the entries

Finally a humanist calendar is included on which events of interest to freethinkers are noted This unique accessible and highly informative work will be a welcome addition to the libraries of open minded people of all philosophic persuasions

**Alcoholism** Cecilia M. Schmitz, Richard A. Gray, 1998      **American Bookseller** ,1991      **Library Journal** ,1992

Choice ,1992      **Sober for Good** Anne M. Fletcher, 2001 A bestselling health writer the acclaimed author of Thin for

Life presents a groundbreaking reevaluation of problem drinking and the many ways in which people recover 288 p Radio drive time tour



S O S Sobriety The Proven Alternative To 12 Step Programs: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. S O S Sobriety The Proven Alternative To 12 Step Programs : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. S O S Sobriety The Proven Alternative To 12 Step Programs : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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