

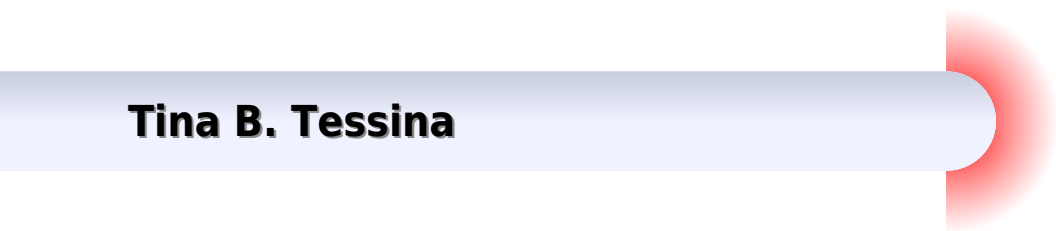
The Last Recovery Book You'll Ever Need

THE *REAL* THIRTEENTH STEP

*Discovering Confidence,
Self-Reliance, and
Autonomy Beyond
the 12-Step Programs*

Real Thirteenth Step Discovering Confidence Self Reliance And Autonomy Beyond The 12 Step Programs

Tina B. Tessina



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The Real Thirteenth Step Tina B. Tessina, 1993 **Yoga Journal**, 1992-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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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

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Interpreting Weight Jeffery Sobal,2017-07-05 What is too fat what is too thin Interpretations of body weight vary widely across and within cultures Meeting weight expectations is a major concern for many people because failing to do so may incur dire social consequences such as difficulty in finding a romantic partner or even in locating adequate employment without these social and cultural pressures body weight would only be a health issue while socially constructed standards of body weight may seem immutable they are continuously recreated through social interactions that perpetuate or transform expectations about fatness and thinness Written by sociologists psychologists and nutritionists all of the chapters in this book focus on how people construct fatness and thinness examining different strategies used to interpret body weight such as negotiating weight identities reinterpreting weight and becoming involved in weight related organizations Together these chapters emphasize the many ways that people actively define construct and enact their fatness and thinness in a variety of settings and situations

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Creating Community Anywhere Carolyn Shaffer,Kristin Anundsen,1993 Describes the community movement discusses new ways of living together and offers practical advice on improving one s own community

Using Bibliotherapy in Clinical Practice John T.

Pardeck,1993-10-26 Pardeck provides mental health professionals with readily available information on self help books that can be effectively used with various clinical problems The materials presented can also be used by those not necessarily trained in clinical intervention this group would include parents teachers and librarians The approach offered bibliotherapy is an emerging clinical technique There are over 400 self help books presented and annotated that focus on chemical dependency coping with change family violence and dysfunctional families parenting personal growth serious illness social relationships and divorce and blended families **Alcoholism** Carol Wekesser,1994 A collection of articles debating the seriousness of alcoholism its causes treatment and its effects on families Broomstick ,1993

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