

*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

**Michael Rajnik**





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

**The Real Thirteenth Step** Tina B. Tessina, 1993      **The Real 13 Step** Phd Lmft Tessina, Tina, 2015-08-01 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 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 Diplomat 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 is 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      **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      *Recovery Monographs Volume Ii* William White, 2015-11-06 The addictions treatment field is reaching a tipping point that is revolutionizing the ways that behavioral health leaders think about people with alcohol and other drug problems and how services and systems are developed Recovery Management Recovery Oriented Systems of Care contains six monographs by renowned recovery advocate William L. White and colleagues These monographs provide insight and analysis of the topics important to today's addiction counselors and recovery coaches recovery oriented systems of care recovery management peer based recovery services and treating addiction as a chronic condition that requires ongoing management      *Recovery Monographs Volume I* William L. White, 2015-09-16 The addictions treatment field is reaching a tipping point that is revolutionizing the ways that behavioral health leaders think about people with alcohol and other drug problems and how services and systems are developed Recovery Management Recovery Oriented Systems of Care contains six monographs by renowned recovery advocate William L. White and colleagues These monographs provide insight and analysis of the topics important to today's addiction counselors and recovery coaches recovery oriented systems of care recovery management peer based recovery services and treating addiction as a chronic condition that requires ongoing management      *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      **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     Broomstick ,1993     **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 comunity     **Alcoholism** Carol Wekesser,1994 A collection of articles debating the seriousness of alcoholism its causes treatment and its effects on families     Forthcoming Books Rose Arny,2000     Public Library Catalog Juliette Yaakov,1994 Cited in Sheehy and Walford A core working tool for acquisitions librarians reference librarians and catalogers in public and undergraduate libraries the Catalog is a list of recommended reference and nonfiction books for adults published quinquennially with annual supplements for the intervening years The titles are classified by subject and include complete bibliographical data as well as descriptive and critical annotations This edition consists of 7 735 titles and 3 999 analytical entries Some 4 000 additional titles will appear in the four supplements In addition to the main classified catalog there is a comprehensive author title subject and analytical index and a directory of publishers and distributors Annotation copyright by Book News Inc Portland OR     **Public Library Catalog** ,1994     **American Bookseller** ,1991     *Books in Print* ,1977     *Library Journal* ,1991 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately     *The publishers weekly* ,1992     **Whitaker's Books in Print** ,1998     Bibliographic Index ,2004     **Subject Guide to Books in Print** ,1993



## The Enigmatic Realm of **Real Thirteenth Step Discovering Confidence Self Reliance And Autonomy Beyond The 12 Step Programs**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Real Thirteenth Step Discovering Confidence Self Reliance And Autonomy Beyond The 12 Step Programs** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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### **Introduction**

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