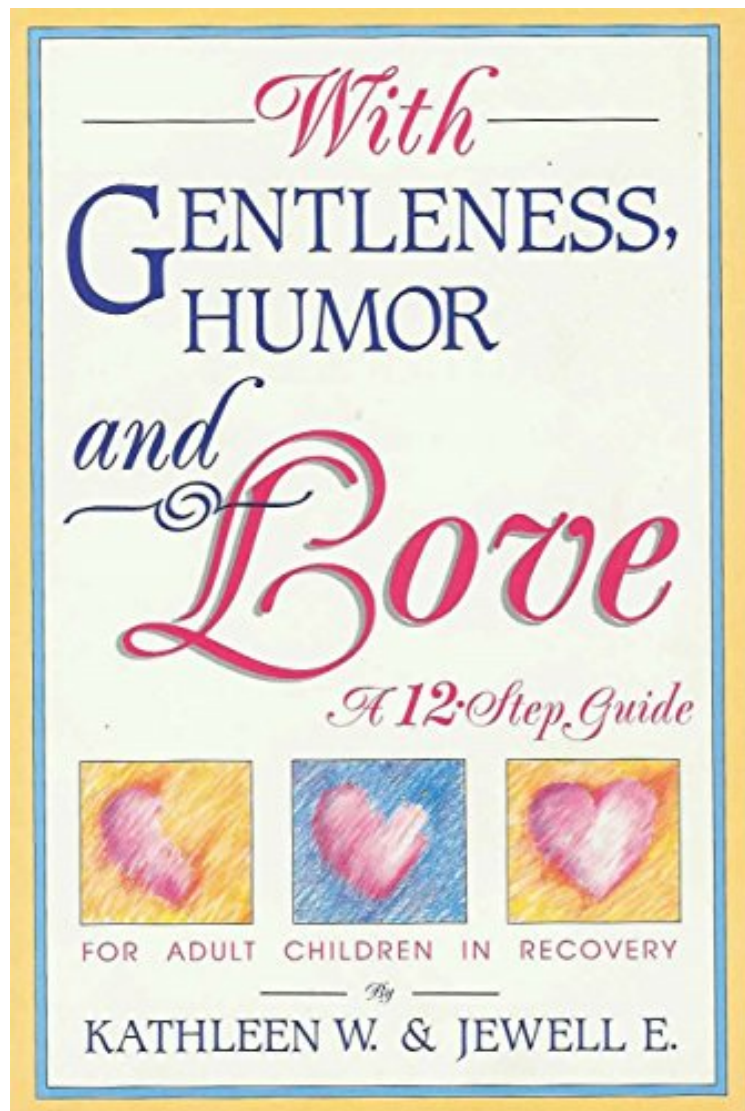


(Download) With Gentleness, Humor and Love: A 12 Step Guide for Adult Children in Recovery

With Gentleness, Humor and Love: A 12 Step Guide for Adult Children in Recovery

Kathleen W.

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2 of 2 people found the following review helpful. Inventorying Using the Right BrainBy A CustomerThis little book works from Bill W.'s "instincts out of balance" tack (in AA's 12 X 12) to provide many exercises and techniques for getting at buried "hooks" and "triggers" for all sorts of addictive and compulsive patterns. It is a great book for the

recovering person who is stuck on an issue -- say, cigarette smoking or perhaps a relationship pattern that always ends up frustrating or frightening. By using visualization as a part of the inventory process, visual memories (such as pre-verbal ones from early childhood,) scent memories and other associations that elude rational thought can be captured, grasped -- and then evaluated in the more traditional 12-step style. This book has many practical exercises that can be used in 12-step groups in CODA or ACA or informally among sponsor/sponsees in AA, NA or Alanon.

A direct and compassionate resource for adult children of alcoholics or adults recovering from any dysfunctional family past. Utilizes the traditional 12 step method applied to those whose primary problem is a pattern of thinking and feeling.