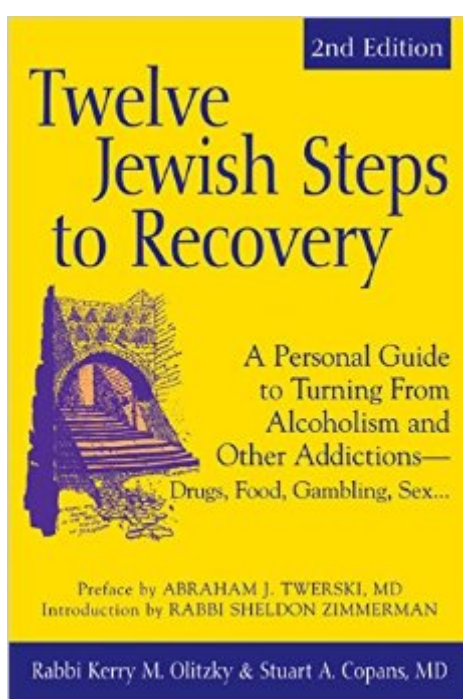


The book was found

Twelve Jewish Steps To Recovery 2/E: A Personal Guide To Turning From Alcoholism And Other Addictions_ Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series)



Synopsis

This book is not just for Jewish people. It's for all people who would gain insight and strength to heal from Jewish tradition. All people who are in trouble with alcohol, drugs, or other addictions food, gambling, and sex Anyone seeking an understanding of the Twelve Steps from a Jewish perspective regardless of religious background or affiliation Alcoholics and addicts in recovery Codependents Adult children of alcoholics Specialists in recovery and treatment An updated and expanded edition of a recovery classic. A rabbi, a psychiatrist, and many recovering Jewish people share their understanding of the Twelve Jewish Steps of recovery from addiction of all kinds based on conversations with each other and with God. They present a Jewish perspective on the Twelve Steps and offer consolation, inspiration, and motivation for recovery for people of all faiths and backgrounds by drawing on traditional and contemporary Jewish sources and by sharing what recovering people say about their experiences. They explore why some Jews are uncomfortable with the Twelve Steps, as well as how the Jewish understanding of the Twelve Steps differs from the Christian understanding of it.

Book Information

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Addiction & Recovery > Sexual #469 in Books > Health, Fitness & Dieting > Addiction &

Recovery > Twelve-Step Programs

Customer Reviews

My Mother lived with me for the last year of her life, 10 month of which were spent in in-home hospice care. My sisters and I made the decision to do this because she spent one year in a rehab nursing home that was horrible. Taking care of her was an honor and a privilege although at times it

was extremely difficult. The last 2 1/2 days of her life were nothing short of difficult and horrific. It was something I never wanted to experience but I did. When my Mother died, in July 2014, I experienced a deep grief that I still feel. My outlet became food which turned into a 20 lb. weight gain. My own health issues went out the door. My deep faith and trust in God were close behind. I have friends who care and my sisters and I are fortunate to have a close and loving relationship. But, food was my salvation. Good food, junk food, it did not matter. One day, after eating a meal that made me sick, I realized that I had a real problem. I became addicted to food; yes it is very possible to do that. As a diabetic, I have to be especially careful about what I eat. Ha! Even diabetes could not stop me from eating the wrong things. A Rabbi recommended a specific self help book. When I was researching the book on , I came across this book. Not being a fan of self-help books, I decided to give this book a try. Twelve Jewish Steps to Recovery is a miraculous find for me. The use of religion references is perfect. There is not so much that a person would be turned off. The readings are short and meaningful and, for me, supportive and calming. There is no heavy duty stuff just light and easy to understand. And, it is helping me. I read through the book and pick it up every day to read a step or two. This is definitely my kind of book. Give it a try, it may be your kind of book.

the author blends the spirituality of the 12 steps of AA with words from the Torah and the Talmud. They are interchangeable. The book speaks to those who think that the "big book" of AA is Christian faith based, and clearly shows that it is about any faith. The steps are the steps. The commentary to help illustrate the meaning of the 12 steps can come from anywhere. Those of us who suffer from addiction, can find a Higher Power from anywhere, if we are willing to accept our powerlessness, and turn our lives over to that God of our understanding.

I thought this was a very good introduction to the twelve step program. Many Jews are afraid of the twelve step programs and this book clears away any objections. Thanks.

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Smoking, Addictions) The Ultimate Gambling Addiction Help Guide: How To Overcome A Gambling Addiction And Problem Gambling Once And For All (gambling addiction cure, problems, ... craps, baccarat, poker, blackjack) The Gambling Addiction Cure - How To Overcome Gambling Addiction And Problem Gambling For Life (Compulsive Gambling, Gamblers, Casino Games, Sports Betting, Poker, Black Jack, Craps, Slots, Roulette) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life Gambling Addiction Cure: How to Overcome Gambling Addiction and Stop Compulsive Gambling for Life Gambling Addiction Cure: How To Overcome Gambling Addiction And Stop Compulsive Gambling For Life (slots,roulette,craps,baccarat,poker,blackjack) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) 100 Blessings Every Day: Daily Twelve Step Recovery Affirmations, Exercises for Personal Growth & Renewal Reflecting Seasons of the Jewish Year Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F*ck Her Brains Out (Sex Techniques, Kama Sutra) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Lights in the Forest: Rabbis Respond to Twelve Essential Jewish Questions Gambling Addiction Cure: Discover Easy Steps on How to Stop Gambling Addiction Problems [Newly Revised Book] Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (SUNY series in Integral Theory) The Other in Jewish Thought and History: Constructions of Jewish Culture and Identity (New Perspectives on Jewish Studies) The Recovery Book: Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety

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