

Recover! by Stanton Peele, PhD

Posted by Shteeble - 21 Jun 2016 02:41

I discovered this book, and found it to be very helpful.

I would like to recommend it for anyone who came to the conclusion that 12 Step Programs are not for them.

You will likely find this book to be a breath of fresh air, and the approach you were looking for all along.

It is available on Amazon.com.

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Re: Recover! by Stanton Peele, PhD

Posted by skeptical - 21 Jun 2016 03:11

Maybe you can share some of what it says in the book?

Thanks!

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Re: Recover! by Stanton Peele, PhD

Posted by Shteeble - 21 Jun 2016 17:25

[skeptical wrote on 21 Jun 2016 03:11:](#)

Maybe you can share some of what it says in the book?

Thanks!

I couldn't do it justice.

Anyone who is interested can preview a few pages on amazon.com.

I have flipped through many books on recovery, and read dozens of self-help books.

I have not yet internalized this book. I read much of it, and am convinced that this is the right book/approach for me.

I'm simply putting it out there for anyone else who is frustrated with the 12 Steps.

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Re: Recover! by Stanton Peele, PhD
Posted by cordnoy - 21 Jun 2016 21:21

Please keep us posted how it works for you.

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Re: Recover! by Stanton Peele, PhD
Posted by Workingguy - 24 Jun 2016 11:57

[Shteeble wrote on 21 Jun 2016 17:25:](#)

[skeptical wrote on 21 Jun 2016 03:11:](#)

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I have the book; I tried it a while ago. It is a very well written, logical book with pretty clearly explained work to do. I don't think I had enough discipline to follow the exercises

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