

Download The Small Book A Revolutionary Alternative For Overcoming Alcohol And Drug Dependence Rational Recovery Systems

The Small Book: A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence [Jack Trimpey, Peter Ganim] on . *FREE* shipping on qualifying offers. Offering an alternative to twelve-step programs, a supportive guide explains how to identify the impulse to use intoxicants

The Small Book: A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence Paperback – Dec 2 1995. ... Jack Trimpey is the founder of Rational Recovery Self-Help Network, which manages a network of free self-help groups in hundreds of cities here and abroad. He is also president of Rational Recovery Systems, Inc., a health care ...

The Small Book: A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence (Rational Recovery Systems) by Jack Trimpey and a great selection of related books, art and collectibles available now at AbeBooks.com.

The Small Book: A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence. A groundbreaking guide to overcoming alcohol and drug dependence, based on Rational Recovery, a revolutionary alternative to the 12-step program of Alcoholics Anonymous. Unlike AA, Rational Recovery is a secular system which doesn't require belief in a higher power, but is instead based on the individual's strength, rationality and willpower.

Abstinence is also commonplace thing that human beings have been achieving for millennia without the assistance of Alcoholics anonymous or any other recovery program. In RR, we know that either way, disease or not, we are not powerless. References: The Small Book: A revolutionary alternative for overcoming alcohol and drug dependence

Buy The Small Book: A Revolutionary Alternative to Overcoming ALC (Rational Recovery Systems) Rev. Ed by J. Trimpey (ISBN: 9780440507253) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Get this from a library! The small book : a revolutionary alternative for overcoming alcohol and drug dependence. [Jack Trimpey; Rational Recovery Systems (Organization)] -- Offering an alternative to twelve-step programs, a supportive guide explains how to identify the impulse to use intoxicants, learn self-control, value sobriety, and replace addiction with ...

Online PDF The Small Book: A Revolutionary Alternative for Overcoming Alcohol and Drug Dependence (Rational Recovery Systems) Free Audiobook [CLICK HERE](#) http ...

The small book : a revolutionary alternative for overcoming alcohol and drug dependence. [Jack Trimpey; Rational Recovery Systems (Organization)] -- A program of rational-emotional therapy to help addicts recognize their problem, gain control of their actions, and reaffirm the value of sobriety.

When the author and his wife started Rational Recovery in 1986, their program met the huge demand for an alternative to 12-step recovery programs. The Small Book--as opposed to AA's The Big Book--is the secular

guide for people who want to recover through self-reliance, not through dependence on religion, sponsors, or "Higer Powers".

Other Files :