



# **The Twelve-Step Facilitation Handbook: A Systematic Approach to Early Recovery from Alcoholism and Addiction**

*Joseph Nowinski, Stuart Baker*

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"The Twelve-Step Facilitation Handbook" provides clinicians with the information, advice, and tools they need to encourage chemically dependent clients to take advantage of the healing power of twelve-step programs, the proven most-effective treatment for addictive behavior of all kinds. Filled with illustrative examples, the book maps out effective techniques that help clients develop a sense of acceptance and incorporate the twelve-step philosophy into action. In addition, the authors show clinicians how to integrate these time-tested principles into their work and help their clients with issues of denial, enabling, surrender, and codependency.

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