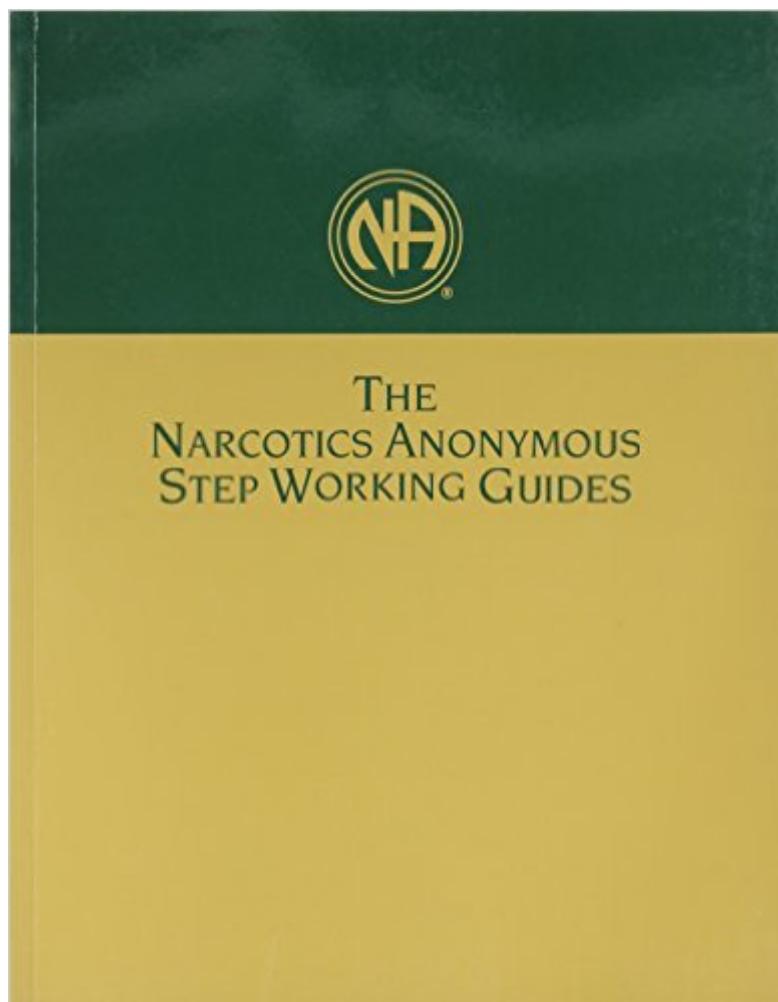


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# Narcotics Anonymous Step Working Guides



## **Synopsis**

Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

## **Book Information**

Paperback: 124 pages

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Product Dimensions: 10.7 x 8.4 x 0.4 inches

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Average Customer Review: 4.7 out of 5 starsÂ ¤ See all reviewsÂ (83 customer reviews)

Best Sellers Rank: #8,344 in Books (See Top 100 in Books) #3 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Neurology #17 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #24 inÂ Books > Medical Books > Medicine > Internal Medicine > Neurology

## **Customer Reviews**

This book can be a bit overwhelming at times, but so is recovery at times. I work the steps with my sponsor and depend on this book as a guide on how to work each step. It's very detailed, which I found very helpful, especially on the 4th and 5th step. Very helpful getting started on each step, and very helpful to deal with each step completely. Just remember, it's a guide, get what you can out of it, if you're still confused, call your sponsor. This is my first time in a 12 step program, so this book has been a great help on what to do, having had no prior experience working the steps.

A long awaited guide to working the twelve steps of Narcotics Anonymous. At times can be repetitive (the questions); however, this is not such a bad thing when dealing with addiction! The guide is extremely thorough. A great guide written by addicts, for addicts, to working the steps with their sponsor in recovery.

This a great workbook for those recovering addicts wishing to recover from any sort of addiction

. This book is a vital tool in working the steps I also recommend the It Works How and Why book because it is the other tool in the recovery of addiction. This book was written by other addicts who know about recovery

This workbook is an invaluable asset when used and worked with a sponsor and within an NA group. You will be amazed at how the questions help you to figure out who you are and how your problems with addiction manifest themselves in many, if not all, areas of your life. Again, you need a sponsor, the program, honesty, open-mindedness, and willingness to utilize this book to its (and your) fullest potential.

I love the twelve steps and i love NA. This workbook really helped me with understanding the steps and working them. The how and why book should be on hand also.

Not a fan. The questions are tedious and basically try to trick you into getting honest by asking you the same question about 6 different ways. In my experience, when we're broken enough, we get honest, and the best way I've seen is working directly with a sponsor. Not sure how this book is presented to others, but I was told to answer each question for each step and then meet with my sponsor to go over it. The recovery process is indeed about ego deflation and brutal honesty, but the extremely time consuming setup of this book keeps the user in a super vulnerable space for quite some time, which can be dangerous without close contact with a sponsor on a daily basis. I had done the steps working with a sponsor and a different 12 step book, but tried this book at the recommendation of a friend who suggested I try it for a new experience with the steps. I cannot imagine someone just trying to get clean and sober getting through this without wanting to pick up again. I felt exhausted and completely defeated after completing the step 1 questions and it felt like the process would take forever. Perhaps I chose the wrong person to take me through the work or I'm an anomaly as far as the way I experienced it. I don't know. I know some believe there's a benefit to a long, slow recovery, but I needed to get well quickly or I wouldn't be here to write this. The honesty and trust came from working directly with a sponsor through every step, reading the book we used and sharing our experience together. The independent writing came after I'd been through the 3rd step and felt the protection of a higher power. I'm not knocking the NA program- I know many people it's helped so I have a respect for it. I just don't like the format of this workbook as opposed to other 12 step books. I'm glad to see, from most of the reviews, that it's helped a lot of people. If this path works for them or for anyone reading this, terrific. If anyone buys the book on

those recommendations but has a similar experience to mine, I'd just like to tell you to not give up and keep an open mind to other 12 step literature. I didn't connect with this book but the one I used changed my life and I am clean and sober almost 6 years later. I wish anyone reading this the best in finding their own 12-step path to recovery. All of them are great and have the same purpose: to get us sober and miraculously change our lives.

Very helpful for me, I'm in early recovery and this workbook is helping me to better understand the process. It's guiding me through my recovering. I would recommend this to all of those who are suffering with addiction.

This book is so necessary in recovery from any addiction....from drugs, to alcohol to shopping to food.....There is nothing like the twelve steps to get you through anything. Its really the only way to do it "peacefully" GET IT!!!

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