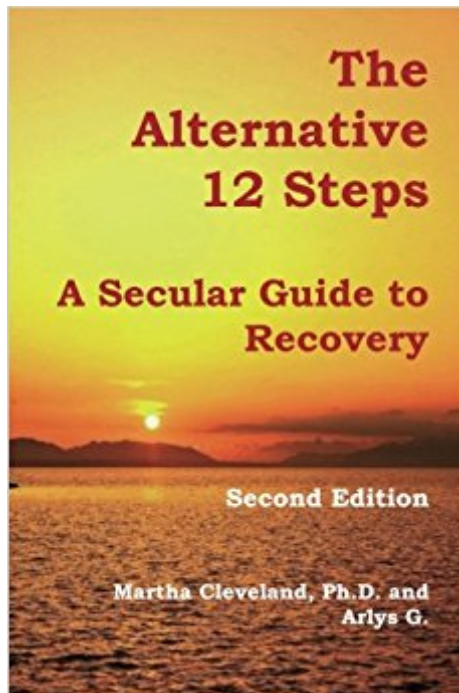




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# **The Alternative 12 Steps: A Secular Guide To Recovery**



## Synopsis

In 1991, two women were successfully working the 12-Step program and they were atheists. They knew the program worked, and translated the Steps into secular terms. This ground-breaking book - as valuable today as it was when it was first written - is their sharing of this secular translation. In *The Alternative 12 Steps: A Secular Guide to Recovery*, Martha Cleveland and Arlys G. show how the 12-Step program can be interpreted and worked by those who simply do not believe in an interventionist deity. At the same time the authors conscientiously maintain the intention and integrity of the program - its values, scope and depth. A chapter is devoted to each Step. The language is clear, engaging and personal. The Foreword to this Second Edition of the book begins with a striking quote from Chapter Three which captures the essence of both the book and the 12 Steps: "We can learn the universal, generic pattern of life's dance from the 12 Steps. But in our individual dance of life, we choose our own music and dance our own dance." This is a unique, inspiring and helpful book for anyone - regardless of belief or lack of belief - who would like to work the 12 Step program.

## Book Information

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## Customer Reviews

I bought two copies of this book a year ago based on the look I got here for a new guy who hadn't been able to stay sober for years. He was brought to me because he was an atheist, as am I. We read the book together aloud to each other, a step at a time. We both loved it! He's been sober a year now, has taken this version of the steps twice already and is now sponsoring a guy using this book. I on the other hand have taken about 20 people through them since, quite a few with 20+

years in the program who've loved it because it reinvigorated their entire view of recovery. I even did them in four days with a Christian who flew up for a crash course using this book. While it is secular he found absolutely nothing incongruent with his beliefs because the principles are the same regardless of source. He loved it. What I have found very helpful about this book is that it was written by two women; offering a much fuller view of the steps than Bill, as a 1930's white, male stockbroker could possibly have written. It incorporates a lot of current thinking psychology in place of the original steps "magic fairy dust" and is altogether a much more positive, solution oriented process. I liked that it's focus wasn't so much the drinking, sex, eating, codependency, gambling, or any other compulsive behavior but the unhealthy thinking triggering them - and how to reset my thinking to take control of my life, and recovery again. Totally worth it!

I struggle with all of the God references in Overeaters Anonymous. This book eliminates them and makes subtle changes to the 12 steps in a way that works for me. Some traditional 12 stepers will not like this book, but it is the Version of the 12 and 12 that I read. It is not specific to the addiction so could work for any 12 steps program.

I work with people that have substance abuse concerns. This is a wonderful book for women and other people who have problems and get stuck with some of A.A.'s tenets. Also helpful for those who have trouble with the issue of higher power.

After being introduced to the 12 Steps for Codependency, I realized that I identified with the steps but struggled with the religious rhetoric. I found myself flinching at every mention of "God" or a "Higher Power" (which I felt was an attempt to make the 12 Step material more universal). However, I was committed to the PROCESS. I believed in it, so I began reading everything I could get my hands on relating to Codependency. My first step was Melanie Beattie's materials, and though I found a lot of the material helpful, it felt "preachy" which was a turn off. As I searched for others that echoed my belief in the program vs. a belief in a definitive "Higher Power", I came across this book and it was truly a breath of fresh air. I highly recommend this book for free thinkers like myself who identify with the steps but could do without the religious language. TEN STARS!!!!

As a person in recovery, I wanted to start a non-theistic group in my hometown that was truly open to persons of all beliefs and non-beliefs. As an Agnostic Christian, I believe that my recovery is strengthened by the interactions within such a diverse group. THE ALTERNATIVE 12 STEPS was

extremely helpful in establishing such a group.

Great book for someone who is not religious. Pleased someone did this book, it helped me .

This is a really good book for people new to recovery that are more spiritual then religious.

A solution for recovering people who struggle with painful experiences with religious beliefs that offered no reconciliation for what they are living with.

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