

Carl Jung And Alcoholics Anonymous The Twelve Steps As A Spiritual Journey Of Individuation

Every day millions of people do things they hide from friends and family: gambling, shopping, adultery, eating disorders, drug use, and more. In fact, about one in fifteen people is living a secret life. That means somebody close to you may be a Secret Keeper. Or it could be you. For three decades, author and counselor John Howard Prin lived as a Secret Keeper, and his secret addictions escalated to near catastrophe. Since breaking the habit, he has directly experienced the rewards of successful recovery -- whole-mindedness and renewed integrity. In these pages, he offers compelling true stories and practical exercises to empower anyone to break secret-keeping habits or help a loved one caught in a web of deception. The first half of the book explores the human tendency to keep secrets, profiling a variety of Secret Keepers from all walks of life. The second half provides a clear, step-by-step approach to healing, rebuilding self-esteem, and living a healthy, secret-free life.

This book represents Joe C.'s experience of recovery from alcoholism in Alcoholics Anonymous (AA). It was written in response to a direct request from his family members in Ireland who asked, "What does the recovery of addiction involve?" The object of the book is to inform family members, addicts, alcoholics or anyone looking for the answers behind the public's perceived "mystery" of AA and the disease of alcoholism.

Fuller traces the history of alternative spiritual practices in America including astrology, Transcendentalism, and channeling.

"This book goes beyond helping one to understand addiction and the dysfunctional family. It also helps to describe the need for a 'new profession' of therapy that is beyond the profession of medicine. It has been my experience that people who have spiritual experiences often tell me that neither doctors or ministers have been able to help them understand these experiences. Karen is a new breed of therapist who is dealing with a vast range of experiences, which have enormous impact on people's lives. I highly recommend her book." Dr. Raymond E. Moody, Jr.

<http://youtube.com/watch?v=Qvx-MBFqZdc>

In this newly revised edition, Philip J. Flores, a highly regarded expert in the treatment of alcoholism and in group psychotherapy, provides you with proven strategies for defeating alcohol and drug addiction through group psychotherapy. For the first time, practical applications of 12-step programs and (ital) psychodynamic groups are jointly explored, jointly explained, and jointly brought into therapeutic use. You'll examine the constructive benefits of group therapy to chemically dependent individuals--opportunities to share and identify with others who are going through similar problems, to understand their own attitudes about addiction by confronting similar attitudes in others, and to learn to communicate their needs and feelings more directly. Group Psychotherapy with Addicted Populations covers the key areas of group psychotherapy for chemically dependent persons including: alcoholism, addiction, and psychodynamic theories of addiction alcoholics anonymous and group psychotherapy use of confrontational techniques in the group inpatient group psychotherapy characteristics of the leader transference in the group resistance in groups preparing the chemically dependent person for group the curative process in group therapy Along with his powerful chapters that emphasize the positive and constructive opportunities group psychotherapy brings to the chemically dependent individual, Flores has added these new sections: integrating a modern analytic approach a discussion of object relations theory group psychotherapy, AA, and twelve-step programs diagnosis and addiction treatment treatment issues at early, middle, and late stages of treatment a discussion of guidelines and priorities for group leaders countertransference special considerations of resistance to addiction termination of treatment Those working in group therapy will find this expanded second edition a valuable resource for better recognizing and serving their group members'needs, and they will feel a sense of fulfillment as Flores reaffirms the positive effects of group psychotherapy.

Intended for use by recovery newcomers, educational and religious alcoholism programs, recovery groups and treatment centers, and substance abuse agencies. Here, for the first time, is a simple, accurate, concise statement of the origins, trends, changes, and detours leading up to, involved in, and evolving from A.A.'s Big Book and Twelve Step spiritual program of recovery. A must for introducing the A.A./12 Step subject usefully

Dick B. is a writer, historian, Bible student, retired attorney, and recovered AA. He is active in the fellowship and has sponsored more than 100 men in their recovery. He has devoted 18 years to investigating, researching, analyzing, and disseminating the facts about early A.A. origins, roots, history, principles, and practices. He has published 33 titles and more than 170 articles on the subject and frequently speaks within and outside the fellowship. He is the leading A.A. early history scholar.

William James's The Varieties of Religious Experience, first published in 1902, is considered one of the seminal books of the twentieth century and had an important influence on the thinking of Carl Jung and the founders of Alcoholics Anonymous. Indeed, The Varieties of Religious Experience is the only text quoted in Alcoholics Anonymous (the "Big Book"). Yet the strong influence of James and his work on the formation of Alcoholics Anonymous is not well known, understood, or recognized. Cravings for Deliverance is the first book to explore the profound effect that Dr. James and his book had on AA and its founders. In addition to weaving together brief excerpts from James's book with the writings of Bill Wilson (who wrote most of the Twelve Steps of Alcoholics Anonymous) to show how closely the two men's work resonated, the book also provides new insight, information, and perspective for those interested in James and his work, and the many people in Twelve Step programs, including Alanon, who have found Varieties of Religious Experience difficult to navigate.

Most academic and therapeutic programs do not include spirituality and God as essential components of health and treatment. Dr. William Kraft gives God a principal place in the house of psychology. He shows how and why God experiences are paramount in helping us live a healthy and happy life. He describes and analyzes what are healthy and unhealthy experiences of God and how activities, including religion, can help and hinder our coming to God. In short, this book is about how and why we come or do not come to God, and what difference it makes.

The story of A.A.'s birth at Dr. Bob's Home in Akron on June 10, 1935. It tells what early AAs did in their meetings, homes, and hospital visits; what they read; and how their ideas developed from the Bible, the Oxford Group, and Christian literature. It depicts the roles of A.A. founders and their wives, and of Henrietta Seiberling, and T. Henry & Clarace Williams. Foreword by John F. Seiberling Finally--a history that ties together the events in New York and Akron during A.A.'s formative years from 1931-1939. It tells of the Bud Firestone Miracle and the 1933 Oxford Group events in Akron. Then of the early meetings in New York and Akron. It details the specific contributions to A.A. that T. Henry and Clarace Williams, Henrietta Seiberling, Bill Wilson, and Dr. Bob and Anne Smith made at A.A.'s Akron birthplace. It covers the when, where and how of A.A.'s birth. There are details as to surrenders, hospitalization, meetings, literature, Bible study and prayer and meditation, and what the Akron people did in their homes. And

there are precise traces from the Bible, the Four Absolutes, Christian writers, and the Oxford Group into the Twelve Steps and the Big Book. This book is about what Akron gave to A.A. and what A.A. can attribute to its Akron birthplace.

In addition to being a recovered alcoholic, Dick B. has been an ardent Bible student, especially for the last 22 years of his recovery. It was always his objective to learn the Biblical roots of A.A. of which A.A. Cofounder Dr. Bob spoke so often. Dick wanted to locate and define those roots. And, after many years of digging, he was able to write this first of several books on A.A.'s roots in the Bible, the Book of James, the Sermon on the Mount, and 1 Corinthians 13. Each year of continued research has unearthed more and more facts about early AA. and the Bible. And the facts begin with this Good Book work. Ernest Kurtz has been the outstanding thinker of the A.A. tradition's second generation, the one who played a constant leadership role in pushing the movement towards the highest professional standards of history writing and supplied some of its most influential interpretive concepts. His ideas are vitally important for anyone who wishes to understand A.A. history during the period following Bill Wilson's death in 1971. As a Ph.D. student at Harvard University in the 1970's, he was the first researcher to be granted full access to the archives of Alcoholics Anonymous. The book that resulted, *Not-God: A History of Alcoholics Anonymous* (1979), is still the classic work on early A.A. history. His book on the spiritual life—Ernest Kurtz and Katherine Ketcham, *The Spirituality of Imperfection: Modern Wisdom from Classic Stories* (1992)—is equally well known, and has also been an enduring best seller through the years since it appeared. His work on *Shame & Guilt* (orig. pub. 1981, rev. ed. 2007) has given a whole new depth to the discussion of those two vital recovery issues. This present book, containing twelve key articles written by Kurtz between 1982 and 1996, gives us a fourth volume from his hand, displaying the impressive range and breadth of his thought on alcoholism, addiction, and spirituality. "Here under one cover is Kurtz at his best: historian, gadfly, teacher, interpreter, and master storyteller. This is must reading for any student of Alcoholics Anonymous and the evolution of spirituality in America." —William L. White, author of *Slaying the Dragon: The History of Addiction Treatment and Recovery in America* The *Guilt Cure* addresses spiritual and psychological means to treat and expiate guilt and its neurotic counterparts. One of the great paradoxes of guilt is that despite its useful contributions to our lives, it can also be potentially dangerous. It is a major cause of anxiety and depression, and if untreated or expiated in some way, guilt can be deadly. This seminal body of work about the psychological implications of guilt reaches deep into humanity's collective experience of guilt and finds persuasive psychological reasons for guilt's role and purpose that go far beyond conventionally held religious explanations. The conventional view is that guilt's primary function is the protection and maintenance of morals. While guilt admittedly contributes to the protection and maintenance of morals, this is by no means its only role. Nor is it even its most important role. Guilt is complicated and paradoxical. It serves the psyche, and life itself, in a number of ways beyond its role in the protection of conventional morality. The *Guilt Cure* examines the many faces of guilt, including its more important function in the creation and maintenance of consciousness, its place in the self-regulatory system of the psyche, its effects on our psychological development, and its impact on our mental health and wellbeing.

"Noah benShea . . . has with wit, wisdom, compassion and humor, helped so many of us to find our way. He is like a Zen Mark Twain." —Larry King "The insights in Noah benShea's work will benefit and transform all those who read it." —Deepak Chopra "Noah benShea has elevated the human spirit to great heights with his wisdom." —Howard Schultz, Chairman of Starbucks Coffee Company Find Your Way to Peace, Purpose and Passion One of America's most respected and beloved public philosophers, bestselling author Noah benShea is changing lives with a matrix for modern living based on an ancient yet timeless tool. Inspired by the traditional compass's ability to help people find their way home and discover new destinations, benShea designed a compass for living using Humility, Honesty, Love and Faith as the guiding points, so anyone can keep from getting lost no matter what challenges you face. If you're feeling lost in love, or in the past, or in the frustrations of day-to-day living, or you want to move from emotional pain to peace, *The Compass for Healing* will—with unfailing clarity—ground you, guide you and give you the confidence to move forward. With the compass points as a guide you will: No longer feel emotionally or spiritually lost Solidify and empower your life's purpose and passion End self-doubt, self-blame and the past's hold on your future Write a new destiny and find the faith to reach long-held goals Dr. Michael Hoffman wrote *The Thirsty Addict Papers* for the thousands of counselors searching for practical wisdom and how-to instruction on enlivening spirituality in the delicate process of recovery. This is the first book to apply the diverse fields of Jungian depth psychology, Buddhist mindfulness practice, mythology and folklore, cognitive behavioral therapy and contemplative prayer to addiction. The Twelve Steps of Alcoholics Anonymous opened the door; now *The Thirsty Addict Papers* offers new knowledge for readers with open minds. Stories of courage combine with stark clinical facts about struggles with sobriety and death from self-destructive addiction. As Dr. Hoffman traces the roots of obsessive-compulsive behavior back to their ancient origins, *The Thirsty Addict Papers* provides a roadmap for expanding consciousness and enlivening the human soul. It is a provocative psychological work and a must-have reference for anyone struggling to find a way out of the nightmare of addiction.

It was once taken for granted that peer-assisted groups such as Alcoholics Anonymous had no "real" value in recovery from addiction. More recently, evidence-based medicine is recognizing a spiritual component in healing—especially when it comes to addiction. The newest edition of *Recent Developments in Alcoholism* reflects this change by focusing on the 12-step model of recovery as well as mindfulness meditation and other spiritually oriented activity. More than thirty contributors bring together historical background, research findings, and clinical wisdom to analyze the compatibility of professional treatment and nonprofessional support, day-to-day concepts of relapse prevention, the value of community building in recovery, and much more. Among the topics covered: (1) How and why 12-step groups work. (2) The impact of the spiritual on mainstream treatment. (3) The impact of AA on other nonprofessional recovery programs. (4) AA outcomes for special populations. (5) Facilitating involvement in 12-step programs. (6) Methods for measuring religiousness and spirituality in alcohol research. Whether one is referring clients to 12-step programs or seeking to better understand the process, this is a unique resource for clinicians and social workers. Developmental psychologists, too, will find *Volume 18—Research on Alcoholics Anonymous and Spirituality in Addiction Recovery* a worthy successor to the series.

Prostitutes Anonymous is the first, and largest, program/hotline founded in 1987 to aid in exiting, and recovering from, the sex industry. To date, their hotline has answered over 500,000 calls. They are the only program which has been independently studied and proven effective (the report can be found in "*Leaving Prostitution*"). This book was created after 5 years of interviewing 1000's of men, women, and transgenders internationally. No one else has collected more personal stories to write about recovery - so this was historic. It's the only book ever written by only ex-sex workers about the exit/recovery process. PA is non-denominational, and the only program accepting anyone regardless of faith, lack of faith, and/or sexuality. They are also the only program/hotline not connected to law enforcement and where anything you say is privileged (protected). *Prostitutes Anonymous* has produced more recovery than any other program to date, and this is your handbook to get started.

Dick B. is today regarded as the leading A.A. historian. He is a writer, Bible student, retired attorney, and active recovered member of the A.A. fellowship. He has brought to the history table: (1) His strong belief in the Creator, Christianity, and the Bible as the main source book for truth. (2) His long and fervent work with newcomers in helping them to

overcome their alcoholism with the power of God. (3) His talents in writing and research that emerged from his work at the University of California where he received a Phi Beta Kappa key, his editorship of the Stanford Law Review, and his vigorous practice in writing and presenting legal briefs before many many courts. This mid-point treatise had been followed by and added up to 33 A.A. history titles so far. This book is foundational.

"The reality is that if I hadn't stopped drinking and drugging at twenty-five years of age, I wouldn't have made twenty-six." This is Ross Fitzgerald's 42nd book, an updated edition of his 2010 book My Name is Ross. Although he has now succeeded in not drinking alcohol or using drugs for 50 years, in this revised edition the author still calls himself an alcoholic, and pays extended tribute to the role of Alcoholics Anonymous in keeping him on the wagon. His involvement in AA has become a way of life; he still attends two or three meetings a week. A key aspect of AA's therapeutic process involves what can be termed the mechanism of surrender. Instead of telling alcoholics to use their willpower, control their drinking or pull up their socks, AA suggests that a much more efficacious strategy is to admit that, at least in relation to alcohol, they are beaten. With his insight into the scourge of numerous kinds of addiction, Fitzgerald traces the journey of many alcoholics and drug addicts. In this brutally honest and intimate portrayal of his fascinating life - his struggles as well as his successes - Fitzgerald doesn't shy away from his difficult times and regrets, but ultimately has written an uplifting and inspiring book. With the prevalence of alcohol in our daily lives for every celebration or sad occasion, a book like this is needed more than ever.

Early Alcoholics Anonymous claimed a 75% success rate among "seemingly-hopeless," "medically-incurable" alcoholics who thoroughly followed the original Akron A.A. "Christian fellowship" program Bill W. and Dr. Bob developed beginning in the summer of 1935. That very simple program was founded on basic ideas from the Bible. This book takes you through the Bible on the principal points AAs studied.

Jungian analysts from all over the world gathered in Montreal from August 22 to 27, 2010. The 11 plenary presentations and the 100 break-out sessions attest to the complex dynamics and dilemmas facing the community in present-day culture. The Pre-Congress Workshop on Movement as Active Imagination papers are also recorded. There is a foreword by Tom Kelly with the opening address of Joe Cambrey and the farewell address of Hester Solomon. The plenary presentations are printed in this volume. From the Contents: Jacques Languirand: From Einstein's God to the God of the Amerindians John Hill: One Home, Many Homes: Translating Heritages of Containment Denise Ramos: Cultural Complex and the Elaboration of Trauma from Slavery Christian Roesler: A Revision of Jung's Theory of Archetypes in light of Contemporary Research: Neurosciences, Genetics and Cultural Theory - A Reformulation Margaret Wilkinson, Ruth Lanius: Working with Multiplicity. Jung, Trauma, Neurobiology and the Healing Process: a Clinical Perspective Beverley Zabriskie: Emotion: The Essential Force in Nature, Psyche and Culture Guy Corneau: Cancer: Facing Multiplicity within Oneself Marta Tibaldi: Clouds in the Sky Still Allow a Glimpse of the Moon: Cancer Resilience and Creativity Astrid Berg, Tristan Troudart, Tawiq Salman: What could be Jungian About Human Rights Work? Bou-Yong Rhi: Like Lao Zi's Stream of Water: Implications for Therapeutic Attitudes Linda Carter, Jean Knox, Marcus West, Joseph McFadden: The Alchemy of Attachment: Trauma, Fragmentation and Transformation in the Analytic Relationship Sonu Shamdasani, Nancy Furlotti, Judith Harris & John Peck: Jung after The Red Book

When drinkers attend Alcoholics Anonymous and their spouses attend Al-Anon, says Jensen (English, Southwest Missouri State U.), dramatic changes occur that cannot be accounted for simply by the absence of alcohol. He explains how being a member can contribute to the formation of a new identity through the transformative effect of storytelling within its structure. Annotation copyrighted by Book News Inc., Portland, OR

Carl Jung and Alcoholics Anonymous The Twelve Steps as a Spiritual Journey of Individuation Routledge

"Show me a drunk and I'll show you someone in search of God" (or any spiritual experience as the individual recognises it) is a saying that could be attributed to Carl Jung, the renowned swiss psychiatrist and psychoanalyst. Jung once wrote to Bill Wilson, founder of Alcoholics Anonymous, about his understanding of a patient's alcoholism: "His craving for alcohol was the equivalent, on its most basic level, of the spiritual thirst of ones being, for wholeness, expressed in medieval language as: union with God." Encouraged, even inspired by Jung's writings, Bill Wilson resolved to promote the spiritual aspect of recovery, as opposed to the conventional medical model which had proven consistently ineffective. The twelve steps of AA as they are known today, were constructed and intended as a step by step process towards attaining an individual apotheosis or "spiritual experience" as a means to cure alcoholism, through a recognition of something infinitely greater than the difficulties encountered by the alcoholic; it is a recognition of the divine, and on a deeper level in conjunction with this; a dissolution of the shadow archetype that so drives the being's negative impulses. Jung once spoke of the shadow as something which needed 'spiritual amputation' in order for healing to commence, a destruction of the dark and a liberation of the light. The short stories contained within this book, as a collective, is a personal spiritual pilgrimage (Twelve Steps) through the dark recesses of the authors own fragmented psyche, the literary equivalent of what Jung described as 'embracing the shadow' or, acknowledging the negative aspects of one's unconscious character deficiencies that we bury and hide; as opposed to introducing the reality of their existence, into the conscious, to confront and dissolve their influence. Through an acknowledgement of the authors own perpetual and alcohol fueled shadow, this book is intended as a purge of inadequacies that persist within the dark corridors of the psyche, and the short stories perhaps exemplify the deep abyss which may well, persist within us all. Through this bleak sojourn of horror and surrealism, it's hard not to get completely absorbed by the melancholy that D A Ellis so masterfully commits to page, and one can only selfishly hope, that at its end, some of that dark shadow still exists.

The author visited the archives of the headquarters of A.A. in New York, and discovered new communications between Carl Jung and Bill Wilson. For the first time this

correspondence shows Jung's respect for A.A. and in turn, its influence on him. In particular, this research shows how Bill Wilson was encouraged by Jung's writings to promote the spiritual aspect of recovery as opposed to the conventional medical model which has failed so abysmally. The book overturns the long-held belief that Jung distrusted groups. Indeed, influenced by A.A.'s success, Jung gave "complete and detailed instructions" on how the A.A. group format could be developed further and used by "general neurotics". Wilson was an advocate of treating some alcoholics with LSD in order to deflate the ego and induce a spiritual experience. The author explains how alcoholism can be diagnosed and understood by professionals and the lay person; by examining the detailed case histories of Jung, the author gives graphic examples of its psychological and behavioural manifestations.

This is a book unlike any of the many recent biographies of A.A. co-founder William Griffith Wilson (known as Bill W.). It is filled with information about Bill's religious education, experiences, and beliefs from childhood forward. Thus Bill's knowledge of his grandfather Willie's conversion on Mount Aeolus and deliverance from alcoholism, the involvement of Bill's grandparents--the Wilsons and the Griffiths--in the life of the little East Congregational Church on the lawn between the two families' houses, the reading of the Bible by Bill's grandfather Fayette Griffith and by Bill and his boyhood friend Mark, Bill's attendance at the Congregational Sunday School and his attendance at Temperance of revival meetings, his five (yes, five) self-described spiritual experiences including his decision for Christ at Calvary Rescue Mission and his "hot flash" conversion experience at Towns Hospital, his conversations with his famous doctor William D. Silkworth about the Great Physician Jesus Christ and cure of alcoholism through Christ, Bill's extensive involvement with the Oxford Group and particularly Rev. Sam Shoemaker, and Bill's intensive involvement in prayer, Bible study, the use of devotionals, and seeking of guidance with Dr. Bob and Anne Smith at the Smith Home in Akron, particularly in the summer of 1935. All these, and more, are told in this exciting and little-known story about Wilson and God. Was Bill converted to Christ? Did Bill believe in the Creator? Did the Creator have an impact on Alcoholics Anonymous through Bill Wilson? Did the Hand of the Creator touch the lives of Wilson and of the A.A. Fellowship? Your most detailed questions and the answers about these subject have never been addressed by A.A. historians in any depth. But A.A. historian and writer, Bible student, retired attorney, and recovered AA Dick B. presents this--his thirtieth published title--as a crowning historical piece on A.A., church, religion, God, Jesus Christ, and the Bible as they really existed at and before the founding of Alcoholics Anonymous on June 10, 1935

Change Happens is at once an emotionally resonant and stimulating book that will touch a deep chord with readers who are seeking to understand the big and small struggles in their lives and an insightful companion for those struggling with a specific change or trying to bring about a change in their lives. Here, Avrum Weiss offers insights and lessons that are relevant to change across all life situations, including change in our personal lives, relationships, places of work, communities, and the larger world. He helps readers understand when trying harder is the best approach to change, and when not trying so hard is more appropriate. Each chapter introduces a key element in the process of change as well as fresh concepts for understanding how best to navigate the changes we all face at one time or another in our lives.

This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

Alcoholics Anonymous has two million members worldwide; yet this fellowship remains a mystery to most people, and is even viewed by some as a cult or a religion. Written by an award-winning psychiatrist and educator in the treatment of alcohol and drug abuse, What Is Alcoholics Anonymous? provides the most in-depth overview to date of this popular and established yet poorly understood recovery movement. Author Dr. Marc Galanter integrates findings from the latest research in psychology, cultural history, and clinical science with a diverse range of first-person experiences with AA. The result is a thorough, objective, and accessible investigation into what AA is, how it works, and how the organization might be considered and used by both healthcare professionals and anyone affected by pursuit of recovery.

Using Jungian psychology, this book demonstrates why the 12 steps of AA work.

Describes the contributions of a famous psychiatrist, a theologian, and a writer to the success of AA

A.A.'s life-changing program derived almost exclusively from the precepts of A First Century Christian Fellowship (also known as the Oxford Group) of which A.A. was an integral part in its early years. This book is the only study devoted exclusively & specifically to the Oxford Group origins, ideas, principles, practices, & specific impact on A.A., its Big Book, & its Twelve Steps.

Simplified Chinese edition of Liber Novus (The Red Book) by the Swiss physician and psychologist Carl Gustav Jung (1875-1961). It was the most influential unpublished work in the history of psychology, until displayed and published in 2009.

The pre-history of AA told by two of the people who were part of the most important events; Ebby Thatcher, the man who brought the message to Bill W. tells how he was helped to sobriety by Rowland Hazard and other Oxford Group members, how he carried the message to Bill and the early developments of the Alcoholics Anonymous fellowship. AA Co-Founder Bill Wilson talks about the two streams of influence that led to AA. First, Bill tells the story of Rowland Hazard; how having failed to get lasting sobriety with help from Doctor Carl Jung he took Jung's final piece of advice to immerse himself in some sort of spiritual program. How Rowland practicing the principles of the Oxford Group brought the message of sobriety to Ebby Thatcher. Then, during the second part of Bill's talk he tells how Dr. Silkworth came to an understanding of Alcoholism and its treatment and how Dr. Silkworth helped him. First by preparing Bill to receive the

message, then by providing him a medical detox and professional assurance, and then giving him the advice that enabled him to carry the message to the other AA Co-Founder Dr. Bob Smith, Transcribed from Historic Sound RecordingsThe text is a direct transcript of the talks which are available at Audible.com/historyofrecovery

ALCOHOLISM – The Hidden Significance The esoteric keys to understanding the addiction and cures. Finally, a world renowned esoteric teacher and medical doctor has put it all together in a factual, hard-hitting, but loving and encouraging guide towards healing those of us, or a loved one near us, influenced by excessive alcohol consumption! This book is a masterly work, absolutely second to none! Alcoholism has become a major problem lacing civilization today. The stress of modern living, more money in the pocket, increased leisure time, and the availability of alcohol have all been blamed for this increase. But what of the deeper underlying causes of Alcoholism, the karmic origins of the disorder and the esoteric implications of this unquenchable thirst for "Spirit"? The author, with his medical training and long association with the esoteric, is uniquely qualified to answer these questions. He begins by discussing the effects of alcoholism especially on those subtle etheric and astral structures that form part of the human aura. The type of previous life circumstances and the karma that could lead to a life of dependence on alcohol is also considered. Finally Dr. Baker presents us with various treatments designed to heal the inner man and enable him to begin the long road to wholeness and integration.

This book aims to help readers appreciate the many-faceted relationship between Christianity, one of the world's major faith traditions, and the practice of psychiatry. Chapter authors in this book first consider challenges posed by historical antagonisms, church-based mental health stigma, and controversy over phenomena such as hearing voices. Next, others explore both how Christians often experience conditions such as mood and psychotic disorders, disorders in children and adolescents, moral injury and PTSD, and ways that their faith can serve as a resource in their healing. Twelve Step spirituality, originally informed by Christianity, is the subject of a chapter, as are issues raised for Christians by disability, death and dying. A set of chapters then focuses on the state of integration of Christian beliefs and practices into psychotherapy, treatment delivery, educational programming, clergy/clinician collaboration, and treatment by a non-Christian psychiatrist. Finally, there are chapters by a mental health professional who has been a patient, a Jewish psychiatrist, a Muslim psychiatrist knowledgeable about Christianity and psychiatry in the Muslim majority world, and a Christian psychiatrist. These chapters provide context, diversity and personal perspectives. Christianity and Psychiatry is a valuable resource for mental health professionals seeking to understand and address the particular challenges that arise when caring for Christian patients. .

The first fully-illustrated biography of Carl Jung, the great 20th-century thinker famous for his pioneering exploration of dreams, the unconscious, and spirituality in psychology Carl Jung continues to be revered today as a true revolutionary who helped to shape psychology, provided a bridge between Western and Eastern spirituality, and brought into general awareness such fundamental concepts as archetypes, the collective unconscious, and synchronicity. In this important book, Claire Dunne chronicles Jung's journey of self-discovery from a childhood filled with visions both terrifying and profound, through his early professional success, to his rediscovery of spirituality in mid-life. Special attention is paid to the tumultuous relationships between Jung and Sigmund Freud, the unconventional yet vital role performed by his colleague Toni Wolff, and the revelatory visions Jung experienced following a close brush with death. The words of Jung himself and those who shared his work and private life are shared verbatim, connected by Claire Dunne's lively and accessible commentary and by an evocative array of illustrations—including photographs of Jung, his associates, and the environments in which he lived and worked, as well as art images both ancient and contemporary that reflect Jung's teachings. Jung emerges as a healer whose skills arose from having first attended to the wounds in his own soul. This is an essential work of reference as well as a fascinating and entertaining read for everyone interested in psychology, spirituality, and personal development.

People have too long accepted their lot in life. People have too long accepted the idea that some have it and some dont. People are waking up to the idea that some are not more entitled to the good life than others. People are tired of playing in and paying in to corporate greed. By the same token, people have for too long accepted the concept of mental illness, putting the power for healing in the hands of the authority. People are frustrated and looking for answers, for a better way to achieve a happier life, for a way out of whatever makes us feel stuck, for a way in to the life really desired. THIS WAY OUT presents Personality Integration Theory and Therapy (IT); a revolutionary blueprint to change lives. This breakthrough, empowering new system of concepts and techniques takes into account our spiritual dimension, putting our spiritual nature into context in our psyches and our lives. IT puts the power in the right handsour own. We are still evolving, and we are nearing a great shift in human consciousness. In these pages you will find a down-to-earth theory, one that embeds practical spirituality into a userfriendly system of psychology. With it, you will find effective methods for getting control of all aspects of your life; family, relationships, finance, creative recovery, and spirituality. Herein, revealed for the very first time, discover the elusive but necessary Missing Piece that makes deep and lasting change possible.

Twelve Step programs can sometimes be intimidating. Before you walk into that meeting, you want to know the scoop and what it's really like to work a Twelve Step recovery program. Michael Graubart is here to tell you. "Michael is a master wordsmith as well as an inspirational and thought-provoking storyteller for the Twelve Step community." —Wally P., author and originator of the Back to Basics book and meetings If you're ready to take the first steps in a new direction, you don't have to walk them alone. Step up to your best life, alongside the millions of people who have embraced Twelve Step programs as a way to gratefully recover from their substance use, alcoholism, and addictions. In Step Up: Unpacking Steps One, Two, and Three with Someone Who's Been There, the first book in Hazelden Publishing's Step In to Recovery Series, Michael Graubart provides straightforward explanations on working a Twelve Step program, starting with the first three Steps. Graubart honestly addresses the most common questions about the Twelve Step fellowship. As someone who's been where you are today, he shows you what it's like to not only maintain sobriety, but to find a different way of life through a Twelve Step program.

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