



Always Aware: Back to Basics-The 12-Step Plan to Recovery and Healing from Alcohol and Drugs

By James S. Cusack

Brick Tower Press. Paperback. Book Condition: new. BRAND NEW, Always Aware: Back to Basics-The 12-Step Plan to Recovery and Healing from Alcohol and Drugs, James S. Cusack, What better way to get to the heart of helping people addicted to drugs or alcohol than by raw experience? If you have a loved one or friend caught-up in the vortex of addiction or chemical dependency, then the Cusack formula presented here is a place to start understanding the disease, and also a beginning in understanding how the disease affects you. (Jim Cusack began his sobriety in 1952.) The words in this book help to comfort you from the fear that you are the only one with a tremendous weight on your shoulders-you are not alone. Through the 12-Step program you will read about, recovery and healing begin with love and caring. Family love and caring form the essence of a proven treatment approach that can only be learned by doing. Jim Cusack is practising these principles and sharing these experiences with us.



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