

A Boomers Guide To The Twelve Steps - Stephen Roos

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Those of us of the Boomer generation are facing a new set of physical, economic, spiritual, and emotional challenges that come with aging. Whether Boomers in recovery are thirty days or thirty years sober, such challenges impact our sobriety. In A Boomer's Guide to the 12 Steps, Stephen Roos examines these challenges in the context of each Step and illustrates his points through the experiences of nine recovering people representative of this generation, including Judy, whose husband left her for a younger woman Sally, who is the caretaker for her elderly father Jowin, whose son moved back home Craig, who is only one year sober and dealing with life-threatening health problems Those featured in this book are dealing, sometimes struggling, with the circumstances, relationships, and feelings that affect everyone who is trying to get sober--or stay sober--as they age. Through their shared experiences, we learn to approach the Twelve Steps from a whole new angle and to continue to grow and flourish in recovery. With A Boomer's Guide to the 12 Steps, Stephen Roos offers Boomers in recovery a meaningful tool to weather the challenges that come with growing old. Roos is the author of several books, including A Young Person's Guide to the Twelve Steps. Author: Roos, Stephen Publisher: Hazelden Illustration: N Language: ENG Title: A Boomers Guide to the Twelve Steps Pages: 00128 (Encrypted EPUB) On Sale: 2009-07-30 SKU-13/ISBN: 9781592856961 Category: Self-Help : Twelve-Step Programs Category: Self-Help : Substance Abuse & Addictions - General Category: Family & Relationships : Aging - General

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