

## The Real 13th Step Discovering Confidence Self Reliance And Independence Beyond The Twelve Step Programs Revised Edition

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The Real 13th Step shows us the means to growth beyond recovery "...that transcends any permanent dependency on the program to keep them free from addiction." Certainly Dr. Tessina holds the A.A. program in high esteem, but at the same time, shows the reader that there is life beyond the group and beyond recovery.

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