



Twelve Steps to Spiritual Freedom: Understanding the Christian Roots of Twelve Step Programs

Joanna Thyer

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The twelve step addiction recovery process often comes in many variations and interpretations; while each variation may focus on different aspects of recovery, they all stem from the groundbreaking work of Bill W. and Dr. Bob Smith, the founders of the organization known as Alcoholics Anonymous. *Twelve Steps to Spiritual Freedom: Understanding the Christian Roots of Twelve Step Programs* aligns this 20th century construct with its roots in centuries old practices. This sensible approach brings together the deep spiritual tradition of Christianity to complement and support the hands-on, daily work of twelve-step programs.

Interspersed with personal experiences, *Understanding the Christian Roots of Twelve Step Programs* identifies and contextualizes the natural connections between Christian mysticism and the wisdom of twelve step programs and makes this information usable for readers. With her intelligent and pragmatic approach, author Joanna Thyer speaks to those who struggle within twelve step programs and to the counselors, therapists, social workers, and family and friends who support their recovery efforts. Knowing the origins can make the journey through addiction recovery grounded, personal, and rooted in faith.

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