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# THE REAL 13 STEP: DISCOVERING CONFIDENCE, SELF-RELIANCE, AND INDEPENDENCE BEYOND THE TWELVE-STEP PROGRAMS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Tina Tessina Ph.D. is a psychotherapist specializing in recovery and addiction. Her controversial, breakthrough book offers evidence that in many cases true recovery from addiction should end in graduation from addiction programs into a life of autonomy, self-reliance and independence. The premise of this intelligently written title is bound to cause some controversy. Recommended for popular psychology, self-help and recovery...

**Read PDF The Real 13 Step: Discovering Confidence, Self-Reliance, and Independence Beyond the Twelve-Step Programs (Paperback)**

- Authored by Phd Lmft Tina Tessina
- Released at 2015



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## Reviews

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