

Whether its alcohol, drugs, gambling, or even shopping, addiction has a tight grip. The public has witnessed the tragic death of Corey Monteith and the headline-making, often-failed attempts of other celebrity sufferers to get clean. What actually works? Written by Dr. Robert Lefever, the founding director of the PROMIS Recovery Centre, this guide explains the roots of addiction, how to recognize the signs, which treatments are available, and why its so hard to get clean. For anyone who suspects they have a problem, or who loves someone who does, The Twelve-Step Programme to Kick Your Habit offers invaluable, up-to-date information and advice, as well as case histories and worksheets.

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