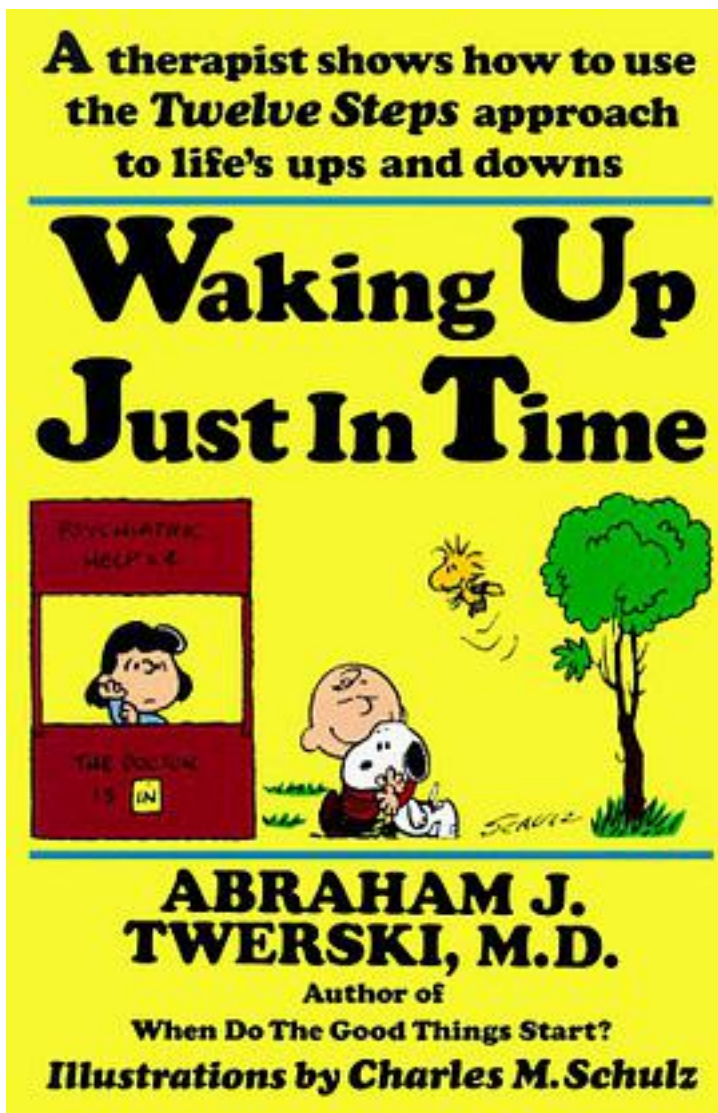


Waking up Just in Time



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Waking up Just in TimeA gentle and practical guide to the Twelve Steps way of life. Learn to: Set Priorities and Manage StressRepace rationalization with honestyOvercome obsession and triumph over failureExplore the personal nature of spirituality Alcoholics Anonymous has made famous its twelve steps to sobriety. In "Waking Up Just in Time," Dr. Abraham J. Twerski shows how you can use the twelve steps to cope with any of life's difficulties, from dishonesty and intolerance of others to substance abuse. Dr. Twerski leads the way through AA's twelve steps toward a happier, more fulfilling life. A few years ago, Dr. Twerski found that the Peanuts comics of Charles M. Schulz were helpful in his work with psychiatric patients. The humorous words and pictures in Peanuts gave patient and doctor a common ground for talking. Now Dr. Twerski again calls on Charlie Brown, Snoopy, and friends to help illustrate his points in their own inimitable way.

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