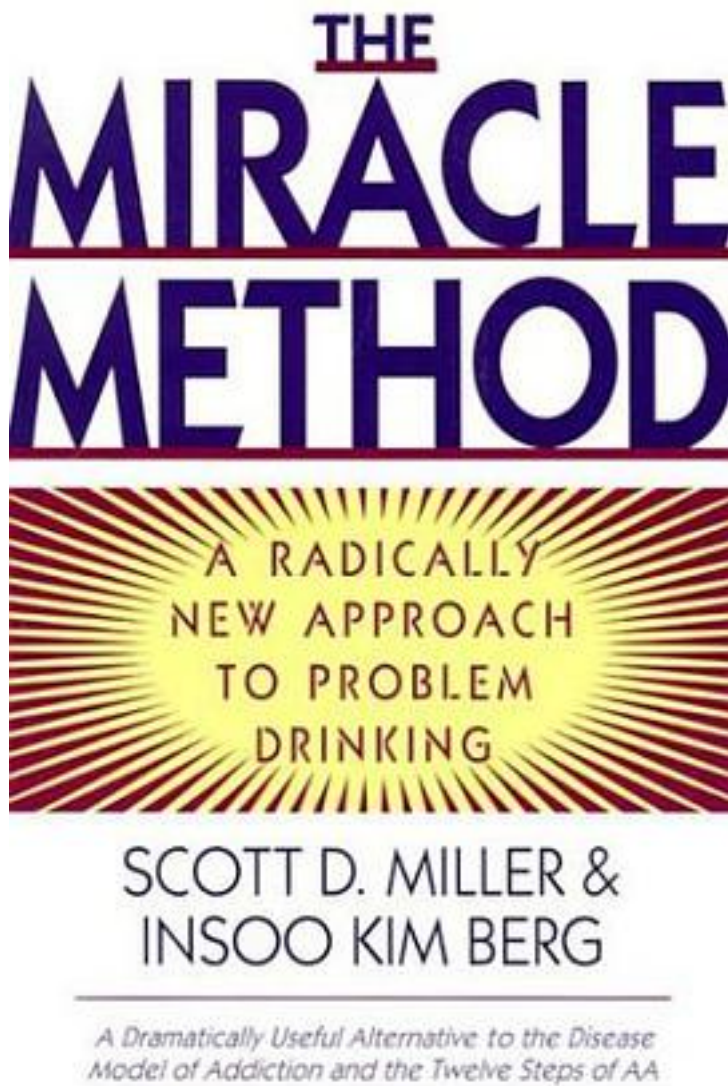


The Miracle Method



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From that "first thing, " the authors help readers to imagine a future where drinking is not a problem and to specify small, concrete, obtainable goals that will make that future a reality. Neither the humiliation of "hitting bottom" nor a lifetime commitment to AA is necessary to make this approach work. Instead the individual learns to recognize exceptions (times when drinking is not a problem), catch himself "doing things right, " handle setbacks, and revise the "miracle picture" when things aren't working. Highly practical, "The Miracle Method" is a radically new and effective approach to problem drinking.

作者介绍:

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