

## Compulsive Overeater Basic Text Overeaters

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an interpretation for compulsive overeaters of the twelve step program of alcoholics anonymous

the twelve steps developed by alcoholics anonymous are powerful tools to transform the lives of people who struggle with addiction co dependency and compulsive behaviors unfortunately pagans in recovery are likely to struggle with the christian assumptions and language found in many of these programs this book is intended to support a pagan s participation in any twelve step program by showing that the effectiveness and relevance of these tools does not depend on a specific religious or spiritual tradition this book attempts to bridge the gap between the christian and pagan understanding of the twelve steps while remaining faithful to the original twelve step process the pagan in recovery is the result of deirdre hebert s ability to live her pagan faith in the midst of a program with a deeply christian heritage and demonstrates that anyone of any faith can experience freedom from addictions compulsive or co dependent behaviors through this process

contains information and resources needed to understand and cope with various types of addiction

provides libraries and information specialists mental health and health science professionals educators child development specialists and parents and children with a guide that describes books on young people s experiences with their bodies and with disabilities hospitalization and medical treatments

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