



Recovery Now: A Basic Text for Today

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For decades people from all over the world have found freedom from addiction--be it to alcohol, other drugs, gambling, or overeating--using the Twelve-Step recovery program first set forth in the seminal book *Alcoholics Anonymous*. Although the core principles and practices of this invaluable guide hold strong today, addiction science and societal norms have changed dramatically since it was first published in 1939. *Recovery Now* combines the most current research with the timeless wisdom of *Alcoholics Anonymous*, *Narcotics Anonymous*, and other established Twelve-Step program guides to offer an accessible basic text written in today's language for anyone recovering from addiction to alcohol and other drugs. Marvin D. Seppala, MD, offers a "doctor's opinion" in the foreword to *Recovery Now*, outlining the medical advances in addiction treatment, and updating the Big Book's concept of addiction as an allergy to reveal how it is actually a brain disease. Regardless of gender, sexual orientation, culture, age, or religious beliefs, this book can serve either as your guide for recovery, or as a companion and portal to the textbook of your chosen Twelve-Step Program.

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