



An 8-step program for overcoming addictions

AA and Narcotics Anonymous (NA) focus primarily on helping members maintain abstinence. People wanting to move beyond abstinence need to make behavioral changes in order to build a contented sobriety. *The Pathways to Sobriety Workbook* fills this need while remaining compatible with Twelve-Step philosophy.

The Pathways to Sobriety Workbook

William Fleeman

Director and Founder of *Pathways to Peace*

The Pathways To Sobriety Workbook

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