



Who Would Want This Book and Why?

Who among us doesn't have a friend, relative, co-worker or spouse with an addiction? *Spiritual Meatloaf* is the perfect gift for the Twelve-Step recovery crowd (now numbering in the millions; multiply that number exponentially for their relatives and friends). Giving the gift of *Spiritual Meatloaf* will help people feel like they are *doing something* to help loved ones succeed in recovery.

The book helps four different levels of people:

- people who are skeptical about entering recovery
- people who are new to recovery
- people who have been in recovery for a while
- the friends, relatives, **counselors**, and spiritual advisors for all of the above groups.

In other words, this book is helpful to everyone who is thinking about, eligible for or a member of Twelve-Step recovery programs, and anyone who knows any of those people!

In **160 pages**, *Spiritual Meatloaf* offers ideas for customizing one's own spirituality, and helps integrate this new-found spirituality directly with the Twelve Steps. It provides safe passage through the addiction minefield of resistance, disbelief, and doubt about spirituality in recovery. It revives hope for many new to recovery, including agnostics and atheists, and also guides those in later stages of recovery who are rethinking their ideas about God.



Spiritual Meatloaf appeals to various reader preferences by providing:

- real stories from people in Twelve-Step recovery programs
- basic information about Twelve Step spirituality
- questions and exercises
- relevant quotations
- clear examples

The book also draws from and refers to existing resources, including an *online questionnaire* that matches readers' beliefs with existing world philosophies and religions.

The **back matter** includes an extensive index and a resource section with information about related books and resources.

New versions of Twelve-Step programs are appearing at a rapid pace, and **the market for this book** is growing with them. People with self-destructive behaviors are reaching for help at earlier stages and in larger numbers than ever. Additionally, Courts of Law have greatly contributed to recent increases in membership of *Alcoholics Anonymous* and *Narcotics Anonymous*, with new laws requiring the Courts to offer recovery options.

The book also provides a welcome new approach to a wide audience of counselors specializing in substance abuse and behavioral disorders, marriage and family therapists, mental-health and rehabilitation counselors, social workers, members of the clergy, and the many recovery program facilities.