



# Sane: Mental Illness, Addiction, and the 12 Steps

*Marya Hornbacher*

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**Sane: Mental Illness, Addiction, and the 12 Steps** Marya Hornbacher

Marya Hornbacher, author of the international best sellers *Madness: A Bipolar Life* and *Wasted: A Memoir of Anorexia and Bulimia*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders.

In this beautifully written recovery handbook, *New York Times* best-selling author Marya Hornbacher applies the wisdom earned from her struggle with a severe mental illness and addiction to offer an honest and illuminating examination of the Twelve Steps of Alcoholics Anonymous for those with co-occurring addiction and mental health disorders.

Relaying her recovery experiences, and those of the people with whom she has shared her journey, Hornbacher guides readers through the maze of special issues that make working each Step a unique challenge for those with co-occurring disorders.

She addresses the difficulty that many with a mental illness have with finding support in a recovery program that often discourages talk about emotional problems, and the therapy and medication that they require. At the same time, Hornbacher reveals how the Twelve Steps can offer insights, spiritual sustenance, and practical guidance to enhance stability for those who truly have to approach sanity and sobriety one day at a time.

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This Sane: Mental Illness, Addiction, and the 12 Steps is great book for you because the content that is certainly full of information for you who also always deal with world and have to make decision every minute. That book reveal it data accurately using great coordinate word or we can claim no rambling sentences within it. So if you are read it hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but difficult core information with wonderful delivering sentences. Having Sane: Mental Illness, Addiction, and the 12 Steps in your hand like having the world in your arm, information in it is not ridiculous just one. We can say that no e-book that offer you world inside ten or fifteen tiny right but this e-book already do that. So , this is good reading book. Hey there Mr. and Mrs. hectic do you still doubt that will?

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