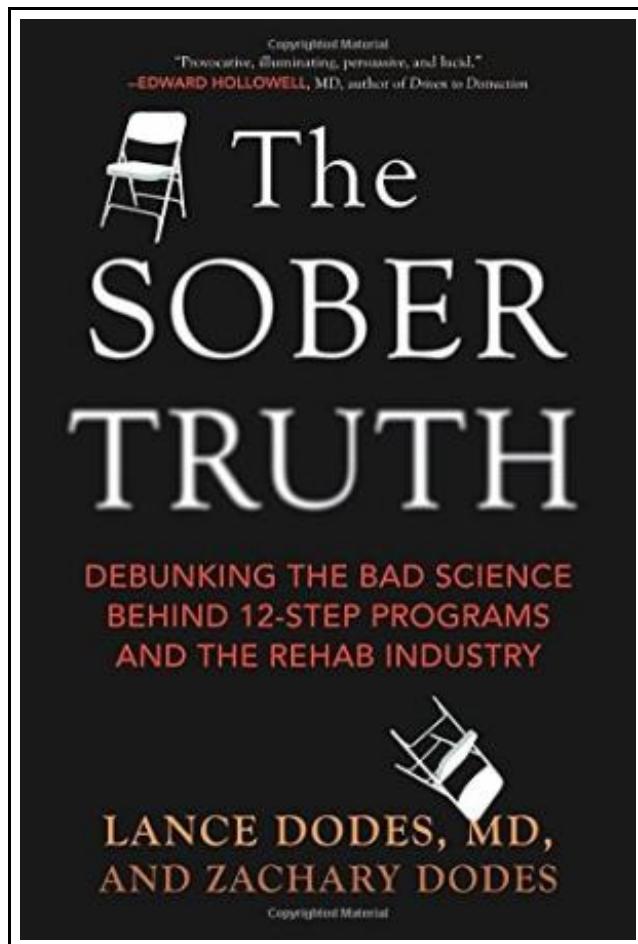


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THE SOBER TRUTH: DEBUNKING THE BAD SCIENCE BEHIND 12-STEP PROGRAMS AND THE REHAB INDUSTRY

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Beacon Press, United States, 2015. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. The *Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the *Psychology Today* website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. *The Sober Truth* builds a powerful response to the monopoly of the 12-step program and explodes the myth that...

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