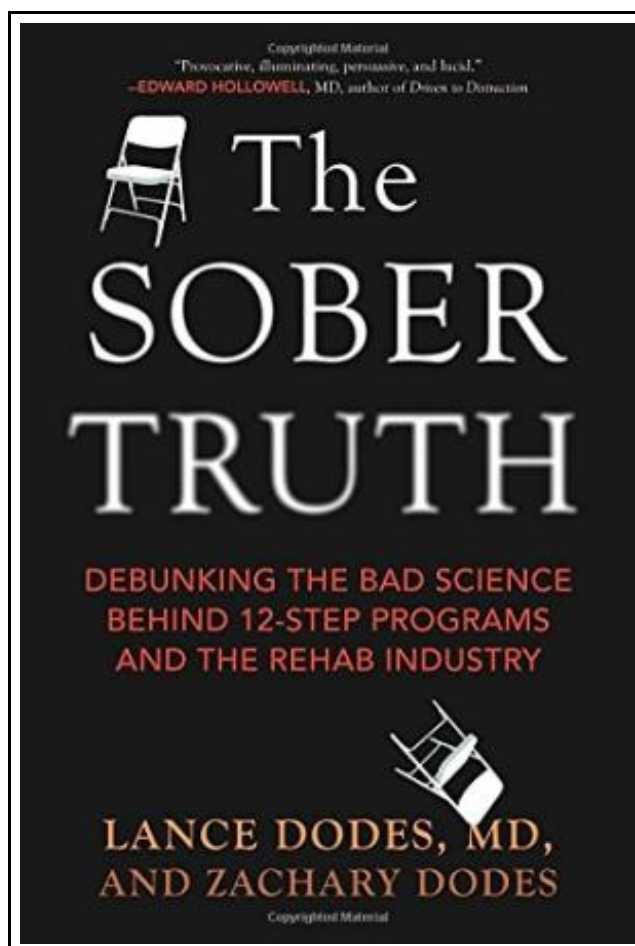


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THE SOBER TRUTH: DEBUNKING THE BAD SCIENCE BEHIND 12-STEP PROGRAMS AND THE REHAB INDUSTRY

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Beacon Press, United States, 2015. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. An expose 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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