1. Addiction: Alcohol, Drugs, Codependency, Food, Gambling

7 Tools to Beat Addiction: A New Path to Recovery from Addictions of Any Kind: Smoking, Alcohol, Food, Drugs, Gambling, Sex, Love

Addictive Relationships, Why love goes wrong in recovery

Adolescent Drug & Alcohol Abuse, How to spot it, stop it, and get help for your family

Don't Call It Love, Recovery from sexual addiction

Stolen Hours, Breaking free from secret addictions

Adult Children of Alcoholics, Provides wisdom and information for all adult children of dysfunctional families

Alcohol Problems, Diagnosis and treatment

Beyond Codependency, and getting better all the time. Recovery, Relapse, History and Current Events, Relationships, Going Forward

Choice-Making, For co-dependents, adult children and spiritualty seekers

Codependents’ Guide to the Twelve Steps, How to find the right program for you and apply each of the twelve steps to your own issues

Dare to Confront! How to intervene when someone you care about has an alcohol or drug problem


I’ll Quit Tomorrow, A practical guide to alcoholism treatment

I’m Dancing as Fast as I can, The classic personal story of overcoming a drug-induced breakdown

Living Sober, Some methods A.A. members have used for not drinking

Living with a Parent Who Drinks Too Much, Cope with your own feelings, Deal with issues related to alcoholism, such as physical and verbal abuse, Find Help from professionals and community programs

Of Course You’re Angry, A family guide to dealing with the emotions of chemical dependence

Our Children are Alcoholics Coping with children who have addictions. Learn how to find serenity in the midst of chaos

Sober For Good, New solutions for drinking problems, advice from those who have succeeded

The 12 Steps for Adult Children, From addictive and other dysfunctional families

The Facts About Drugs and Alcohol, Addiction, Getting Help …

Under the Influence, A guide to the myths and realities of Alcoholism

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Alcoholics Anonymous World Services, Inc. N.Y.

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Recovery Publications

Gold, Mark S., M.D.

Milam, James R., Dr., and Katherine Ketcham