



# If You Work It, It Works!/: The Science Behind 12 Step Recovery

*Ph.D. Joseph Nowinski PhD*

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## **If You Work It, It Works!: The Science Behind 12 Step Recovery** Ph.D. Joseph Nowinski PhD

Since the publication of *Alcoholics Anonymous* in 1939, the Twelve Steps have been central to staying sober for millions of people around the world. Countless recovery and treatment organizations have adopted the Steps as their program for abstaining from addictive behaviors. But recently a growing chorus of critics has questioned the science behind this model. In this book, Nowinski calls upon the latest research, as well as his own seminal Project MATCH study, to show why systematically working a Twelve Step program yields predictable and successful outcomes. Whether you're thinking of joining a Twelve Step group, or simply want to understand the science fueling one of the greatest social movements of our time, this book is for you. As any AA member will tell you, "It works if you work it."

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