

The Doctor S Opinion Aa Big Book

The Doctor's Opinion: A Big Book - Unpacking the Authority on Alcoholics Anonymous

Are you grappling with alcoholism or supporting someone who is? Understanding the complexities of addiction and recovery is crucial. While Alcoholics Anonymous (AA) is a widely recognized program, many seek further insights into its effectiveness and underlying principles. This comprehensive guide delves into the often-overlooked perspective within AA literature: The Doctor's Opinion, a book offering a medical professional's insights into the program. We'll dissect its contents, exploring the key arguments, examining the criticisms, and ultimately assessing its value in the broader context of addiction treatment. This post provides a thorough analysis, answering your burning questions and providing a clear understanding of this significant contribution to the AA literature.

Understanding the Context: AA and the Need for External Perspectives

Alcoholics Anonymous, a twelve-step program, has helped millions achieve sobriety. Its core principles of self-reflection, community support, and a higher power have proven effective for many. However, AA's success isn't universally experienced, and the program itself has faced criticism. Some question its scientific basis, its applicability to diverse populations, and its rigidity. This is where books offering alternative or supplementary perspectives, like The Doctor's Opinion, become invaluable. They provide a crucial counterpoint, allowing for a more nuanced and comprehensive understanding of AA's role in recovery. This detailed exploration helps potential participants and their families make informed decisions.

Deconstructing The Doctor's Opinion: A Detailed Analysis

While there isn't a single, universally recognized book titled "The Doctor's Opinion" specifically focused on AA, we can analyze the concept of a hypothetical book exploring a doctor's perspective on AA. This allows us to address the core question implied by the title: What would a physician's viewpoint on AA's effectiveness and limitations entail? Let's create a framework for such a hypothetical book:

Hypothetical Book: The Doctor's Perspective on Alcoholics Anonymous: A Medical Examination of the Twelve-Step Program

Outline:

Introduction: Defining alcoholism, examining its biological, psychological, and social aspects. Establishing the need for comprehensive treatment approaches.

Chapter 1: AA's Core Principles and their Scientific Basis (or Lack Thereof): A critical analysis of the twelve steps, exploring their strengths and weaknesses from a medical standpoint. Examination of existing research on AA's effectiveness.

Chapter 2: The Role of Spirituality and Higher Power in Recovery: Discussing the importance of spiritual well-being in recovery, addressing potential challenges and offering alternative approaches for individuals who may not relate to traditional religious concepts.

Chapter 3: The Social Dynamics of AA and the Importance of Community: Analyzing the benefits and potential drawbacks of AA meetings, focusing on the power of peer support and the potential for exclusion or judgment.

Chapter 4: AA and Co-occurring Disorders: Exploring how AA addresses or fails to address mental health conditions that frequently co-occur with alcoholism, such as depression, anxiety, and PTSD.

Chapter 5: Alternative and Complementary Treatment Approaches: Presenting a balanced overview of other treatment methods, including medication-assisted treatment (MAT), therapy, and holistic approaches, and discussing their potential integration with AA.

Chapter 6: Relapse Prevention Strategies: A Medical Perspective: Exploring relapse prevention techniques from a medical perspective, including the role of medication, therapy, and lifestyle changes.

Chapter 7: The Long-Term Effects of Alcoholism and the Road to Sustained Recovery: Examining the lasting physical and psychological impacts of alcohol abuse and offering insights into long-term strategies for maintaining sobriety.

Conclusion: Summarizing the key findings, emphasizing the need for a holistic and personalized approach to addiction treatment, and advocating for a collaborative model involving doctors, therapists, and support groups like AA.

Detailed Explanation of Each Chapter:

1. AA's Core Principles and their Scientific Basis: This chapter would critically examine each of the twelve steps, analyzing the available scientific evidence supporting or refuting their effectiveness. It would discuss the limitations of relying solely on anecdotal evidence within AA and highlight the need for rigorous scientific research to assess the program's efficacy. It would also analyze the potential for biases in existing research and call for more diverse and inclusive studies.

2. The Role of Spirituality and Higher Power: This chapter would navigate the sensitive topic of spirituality within the framework of medical science. It would acknowledge the significant role that spiritual practices can play in recovery but also explore alternative coping mechanisms and support structures for those who do not identify with traditional religious or spiritual beliefs. The focus would be on fostering a sense of meaning and purpose in life, regardless of one's spiritual orientation.

3. The Social Dynamics of AA: This chapter would analyze the social dynamics within AA meetings, recognizing the powerful benefits of peer support and community. However, it would also critically examine potential downsides, such as the potential for exclusion, judgment, or a lack of diversity in the group. The chapter would explore the importance of creating inclusive and supportive environments for individuals from all backgrounds and with varied needs.

4. AA and Co-occurring Disorders: This chapter would address the high prevalence of co-occurring disorders (CODs) in individuals with alcohol use disorder. It would explain why it's crucial to treat

both the addiction and the mental health condition simultaneously and offer a detailed examination of how effectively AA addresses, or fails to address, these comorbidities. The importance of integrated treatment would be strongly emphasized.

5. **Alternative and Complementary Treatment Approaches:** This chapter would present a balanced perspective on the available options beyond AA. It would highlight the roles of medication-assisted treatment (MAT), various forms of therapy (cognitive behavioral therapy, motivational interviewing, etc.), and holistic approaches like mindfulness and yoga. It would not advocate for one approach over another but rather emphasize the importance of personalized treatment plans.

6. **Relapse Prevention Strategies:** This chapter would delve into relapse prevention strategies from a medical perspective, discussing the role of medication to manage cravings and withdrawal symptoms, the importance of therapy in addressing underlying psychological issues, and the need for lifestyle changes. It would also emphasize the importance of planning for high-risk situations and building strong support networks.

7. **The Long-Term Effects of Alcoholism:** This chapter would explore the long-term physical and psychological consequences of alcoholism, including organ damage, cognitive impairments, and mental health challenges. It would address the complexities of sustained recovery, emphasizing the importance of ongoing support and self-care.

8. **Ethical Considerations and Responsible Treatment:** This chapter would cover the ethical implications of addiction treatment, including informed consent, patient confidentiality, and the appropriate use of medication. It would also address the potential for bias and discrimination in treatment settings.

9. **Conclusion: A Holistic Approach to Recovery:** The concluding chapter would summarize the key findings, reiterating the necessity of a holistic and individualized approach to alcohol addiction treatment. It would highlight the need for collaboration between medical professionals, therapists, and support groups to achieve the best possible outcomes for those struggling with alcohol dependence.

FAQs

1. Is AA the only effective treatment for alcoholism? No, AA is one effective approach, but several others exist, including medication-assisted treatment and therapy. A personalized approach is often best.

2. Does The Doctor's Opinion (hypothetical book) advocate against AA? No, it aims to provide a balanced medical perspective, highlighting both the strengths and limitations of AA within a broader context of treatment options.

3. Who would benefit from reading The Doctor's Opinion? Individuals struggling with alcoholism, their families, healthcare professionals, and anyone interested in understanding addiction treatment more deeply would benefit.

4. Is AA suitable for everyone? No, AA's approach might not resonate with everyone due to its

spiritual components and specific structure. Other methods may be more suitable for certain individuals.

5. What are the potential drawbacks of AA? Some potential drawbacks include a lack of diversity, potentially judgmental environments, and limited scientific backing for certain aspects.
6. How can I find a good doctor or therapist for alcohol addiction? Your primary care physician can provide referrals, or you can search online directories for addiction specialists.
7. What role does medication play in alcohol addiction treatment? Medication can be very helpful in managing withdrawal symptoms, cravings, and co-occurring mental health conditions.
8. Is relapse common in alcohol recovery? Yes, relapse is a common part of the recovery process. It's crucial to have a relapse prevention plan in place.
9. Where can I find more information on addiction treatment options? The Substance Abuse and Mental Health Services Administration (SAMHSA) website (samhsa.gov) is an excellent resource.

Related Articles:

1. The Science Behind Addiction: Explores the neurobiological basis of addiction and the brain's reward system.
2. Medication-Assisted Treatment for Alcohol Dependence: Details different medications used to treat alcoholism and their mechanisms of action.
3. Cognitive Behavioral Therapy for Alcoholism: Focuses on the role of CBT in changing addictive behaviors.
4. Motivational Interviewing in Addiction Treatment: Explains the principles and techniques of motivational interviewing.
5. Understanding the Stages of Alcoholism: Provides an overview of the progression of alcohol dependence.
6. The Role of Family Support in Alcohol Recovery: Highlights the crucial role of family support in successful recovery.
7. Relapse Prevention Strategies for Alcohol Addiction: Offers practical tips for preventing relapse.
8. Addressing Co-occurring Disorders in Addiction Treatment: Discusses the complexities of treating addiction alongside mental health conditions.
9. Holistic Approaches to Addiction Recovery: Explores alternative and complementary methods for supporting recovery.

the doctor s opinion aa big book: *Alcoholics Anonymous* Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume

that honors its posterity and impact.

the doctor s opinion aa big book: Twelve Steps and Twelve Traditions Trade Edition Bill W., 1953 Twelve Steps to recovery.

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the doctor s opinion aa big book: Bill W. and Dr. Bob Samuel Shem, Janet L. Surrey, 1990 Drama / 3m, 3f (w/doubling) / Unit set Newly revised edition! From the author of the best-selling novel, *The House of God*, this critically acclaimed version which played Off-Broadway in 2007, tells the amazing story of the two men who pioneered Alcoholics Anonymous, and of their wives, who founded Al Anon. During the roaring '20s, New York stockbroker Bill Wilson rides high on money, fame, and booze. In '29, both he and the market crash and he becomes a hopeless drunk. Dr. Bob Smith, a surgeon

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the doctor s opinion aa big book: When Man Listens Cecil Rose, 2008-07-09 Reprint of an edition published in New York in 1937 by Oxford University Press.

the doctor s opinion aa big book: The EZ Big Book of Alcoholics Anonymous Member A.A., 2015-06-30 Finally! The book that thousands of alcoholics have been waiting for! An updated version of the Big Book of Alcoholics Anonymous. This edited revision of the old, basic text is reader-friendly and carries the exact same message as the 1939 version of Alcoholics Anonymous. It's written in a style that's friendly to readers of any gender, race, or spiritual path. Until now, Bill Wilson's 1939 book has never been edited for modern readers. This book is for: Women who object to the sexist language in the original Big Book. The EZ Big Book is gender neutral. All partners of alcoholics, including gays and lesbians. The EZ Big Book makes no assumption about the genders or marital status of partners. Alcoholics at all reading levels. The language is reader-friendly and journalistic in tone. Readers of any faith, including agnostics. The spiritual references in the book are all-encompassing. Non-English speakers. Readers for whom English is a second language buy the EZ Big Book because the writing is simple and direct. About the Author The author is a retired science and nature writer with double-digit of sobriety. Her last years of drinking took her to emergency rooms several times and finally to rehab.

the doctor s opinion aa big book: Daily Reflections A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It* and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

the doctor s opinion aa big book: The Big Book of Alcoholics Anonymous (Including 12 Steps, Guides and Prayers) Bill W., 2015-12-19 This is the Original Big Book of Alcoholics Anonymous 1st Edition. The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. This book describes how the founders, Bill Smith and Dr. Bob recovered from alcoholism through Spiritual Principles. This Edition is Equipped with a Twelve Step Guide & Prayer Section to help other addictions as well, Including Marijuana & Drug addiction, as well as Overeating, Gambling and Sex Addictions. The Original Stories Include: THE UNBELIEVER THE EUROPEAN DRINKER A FEMININE VICTORY A BUSINESS MAN'S RECOVERY A DIFFERENT SLANT TRAVELER, EDITOR, SCHOLAR THE BACKSLIDER HOME BREWEMEISTER THE SEVEN MONTH SLIP MY WIFE AND I A WARD OF THE PROBATE COURT RIDING THE RODS THE SALESMAN FIRED AGAIN THE

FEARFUL ONE TRUTH FREED ME! SMILE WITH ME, AT ME A CLOSE SHAVE EDUCATED
AGNOSTIC ANOTHER PRODIGAL STORY THE CAR SMASHER HINDSIGHT ON HIS WAY AN
ALCOHOLICS WIFE AN ARTISTS CONCEPT THE ROLLING STONE

the doctor s opinion aa big book: *Alcoholics Anonymous Comes of Age* Alcoholics Anonymous World Services, Inc., 2014-10-09 A.A. co-founder Bill W. tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its spread across the country and overseas in the years that followed. A wealth of personal accounts and anecdotes portray the dramatic power of the A.A. Twelve Step program of recovery — unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence. Bill recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service — those principles and practices that protect A.A.'s Three Legacies of Recovery, Unity and Service — and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship (A.A.'s membership at large). In closing chapters of *Alcoholics Anonymous Comes of Age*, early friends of A.A., including the influential Dr. Silkworth and Father Ed Dowling, share their perspectives. Includes 16 pages of archival photographs. For those interested in the history of A.A. and how it has withstood the test of time, *Alcoholics Anonymous Comes of Age* offers on the growth of this ground-breaking movement. *Alcoholics Anonymous Comes of Age* has been approved by the General Service Conference.

the doctor s opinion aa big book: *Alcoholics Anonymous, Fourth Edition* Alcoholics Anonymous World Services, Inc., 2013-12-04 Known as the Big Book, the basic text of Alcoholics Anonymous has helped millions of people worldwide get and stay sober since the first edition appeared in 1939. Opening chapters articulate A.A.'s program of recovery from alcoholism — the original Twelve Steps — and recount the personal histories of A.A.'s co-founders, Bill W. and Dr. Bob. In the pages that follow, more than 40 A.A. members share how they stopped drinking and found a new healthier and more serene way of life through the Fellowship of Alcoholics Anonymous. Whether reading passages at meetings, reading privately for personal reflection, or working with a sponsor, the Big Book can be a source of inspiration, guidance and comfort on the journey to recovery. This Fourth Edition of *Alcoholics Anonymous* has been approved by the General Service Conference.

the doctor s opinion aa big book: *Ebby* Mel B., 2013-11-05 This is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as my sponsor. In 1934, Ebby Thatcher called an old drinking buddy to tell him about the happiness he was finding in sobriety. His friend's name was Bill Wilson, and this book is the story of their life-long friendship. Deeply informative and moving, a valuable contribution to the history of A.A. A 'must' reading for anyone interested in one of the more fascinating chapters in A.A.'s history.--Nell Wing, Retired A.A. Archivist and Bill Wilson's Secretary

the doctor s opinion aa big book: *Twelve Concepts for World Service* Bill W., 1962

the doctor s opinion aa big book: *The Accidental Mind* David J. Linden, 2012-10-01 You've probably seen it before: a human brain dramatically lit from the side, the camera circling it like a helicopter shot of Stonehenge, and a modulated baritone voice exalting the brain's elegant design in reverent tones. To which this book says: Pure nonsense. In a work at once deeply learned and wonderfully accessible, the neuroscientist David Linden counters the widespread assumption that the brain is a paragon of design--and in its place gives us a compelling explanation of how the brain's serendipitous evolution has resulted in nothing short of our humanity. A guide to the strange and often illogical world of neural function, *The Accidental Mind* shows how the brain is not an optimized, general-purpose problem-solving machine, but rather a weird agglomeration of ad-hoc solutions that have been piled on through millions of years of evolutionary history. Moreover, Linden tells us how the constraints of evolved brain design have ultimately led to almost every transcendent human foible: our long childhoods, our extensive memory capacity, our search for love and long-term relationships, our need to create compelling narrative, and, ultimately, the universal cultural impulse to create both religious and scientific explanations. With forays into evolutionary biology,

this analysis of mental function answers some of our most common questions about how we've come to be who we are.

the doctor s opinion aa big book: Life with Hope Marijuana Anonymous, 2020-06-02 Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous. Similar to The Big Book of Alcoholics Anonymous, Life with Hope thoroughly explains the Twelve Steps and Twelve Traditions as they relate to individuals with cannabis use disorder. The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, A Doctor's Opinion about Marijuana Addiction. Life with Hope is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

the doctor s opinion aa big book: Trauma and the 12 Steps, Revised and Expanded Jamie Marich, 2020-07-07 An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

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the doctor s opinion aa big book: US of AA Joe Miller, 2019-04-02 In the aftermath of Prohibition, America's top scientists joined forces with AA members and put their clout behind a campaign to convince the nation that alcoholism is a disease. They had no proof, but they hoped to find it once research money came pouring in. The campaign spanned decades, and from it grew a multimillion-dollar treatment industry and a new government agency devoted to alcoholism. But scientists' research showed that problem drinking is not a singular disease but a complex phenomenon requiring an array of strategies. There's less scientific evidence for the effectiveness of AA than there is for most other treatments, including self-enforced moderation, therapy and counseling, and targeted medications; AA's own surveys show that it doesn't work for the overwhelming majority of problem drinkers. Five years in the making, Joe Miller's brilliant, in-depth investigative reporting into the history, politics, and science of alcoholism shows exactly how AA became our nation's de facto treatment policy, even as evidence accumulated for more effective remedies—and how, as a result, those who suffer the most often go untreated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics, and, at its center, a grand deception. In the tradition of *Crazy* by Pete Earley and David Goldhill's *Catastrophic Care*, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

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the doctor s opinion aa big book: Writing the Big Book William H. Schaberg, 2019-09-24 The definitive history of writing and producing the Big Book of Alcoholics Anonymous, told through extensive access to the group's archives. Alcoholics Anonymous is arguably the most significant self-help book published in the twentieth century. Released in 1939, the “Big Book,” as it's commonly known, has sold an estimated 37 million copies, been translated into seventy languages, and spawned numerous recovery communities around the world while remaining a vibrant plan for recovery from addiction in all its forms for millions of people. While there are many books about A.A. history, most rely on anecdotal stories told well after the fact by Bill Wilson and other early members—accounts that have proved to be woefully inaccurate at times. *Writing the Big Book* brings exhaustive research, academic discipline, and informed insight to the subject not seen since Ernest Kurtz's *Not-God*, published forty years ago. Focusing primarily on the eighteen months from October 1937, when a book was first proposed, and April 1939 when Alcoholics Anonymous was published, Schaberg's history is based on eleven years of research into the wealth of 1930s documents currently preserved in several A.A. archives. Woven together into an exciting narrative, these real-time documents tell an almost week-by-week story of how the book was created, providing more than a few unexpected turns and surprising departures from the hallowed stories that have been so widely circulated about early A.A. history. Fast-paced, engaging, and contrary, *Writing the Big Book* presents a vivid picture of how early A.A. operated and grew and reveals many previously unreported details about the colorful cast of characters who were responsible for making that group so successful.

the doctor s opinion aa big book: Carl Jung and Alcoholics Anonymous Ian McCabe, 2018-03-29 The author visited the archives of the headquarters of A.A. in New York, and discovered new communications between Carl Jung and Bill Wilson. For the first time this correspondence shows Jung's respect for A.A. and in turn, its influence on him. In particular, this research shows how Bill Wilson was encouraged by Jung's writings to promote the spiritual aspect of recovery as opposed to the conventional medical model which has failed so abysmally. The book overturns the long-held belief that Jung distrusted groups. Indeed, influenced by A.A.'s success, Jung gave complete and detailed instructions on how the A.A. group format could be developed further and used by general neurotics. Wilson was an advocate of treating some alcoholics with LSD in order to

deflate the ego and induce a spiritual experience. The author explains how alcoholism can be diagnosed and understood by professionals and the lay person; by examining the detailed case histories of Jung, the author gives graphic examples of its psychological and behavioural manifestations.

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the doctor s opinion aa big book: *Why Evolution is True* Jerry A. Coyne, 2010-01-14 For all the discussion in the media about creationism and 'Intelligent Design', virtually nothing has been said about the evidence in question - the evidence for evolution by natural selection. Yet, as this succinct and important book shows, that evidence is vast, varied, and magnificent, and drawn from many disparate fields of science. The very latest research is uncovering a stream of evidence revealing evolution in action - from the actual observation of a species splitting into two, to new fossil discoveries, to the deciphering of the evidence stored in our genome. Why Evolution is True weaves together the many threads of modern work in genetics, palaeontology, geology, molecular biology, anatomy, and development to demonstrate the 'indelible stamp' of the processes first proposed by Darwin. It is a crisp, lucid, and accessible statement that will leave no one with an open mind in any doubt about the truth of evolution.

the doctor s opinion aa big book: *Syrups and Molasses* George L. Teller, 1895

the doctor s opinion aa big book: *Pain Management and the Opioid Epidemic* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-09-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

the doctor s opinion aa big book: *The Merck Veterinary Manual* Merck and Co., Inc. Staff, 2003-11 For more than forty years, animal health professionals have turned to the Merck Veterinary Manual for integrated, concise and reliable veterinary information. Now this manual covering the diagnosis, treatment, and prevention of diseases of companion, food and zoo animals is available on an easy-to-use, fully searchable CD-ROM. The CD includes the full text of The Merck Veterinary Manual 8/e and has been enhanced with picture links featuring original anatomical artwork and numerous clinical and diagnostic illustrations, table links and quick search links that provide quick access to cross referenced text.

the doctor s opinion aa big book: The Greatest Thing in the World Henry Drummond, 2009-04-01 Famed Scottish theological writer and lecturer Henry Drummond helped spread the Evangelical movement in Europe. This volume collects many of Drummond's most beloved lectures and sermons -- a perfect on-the-go read for believers looking for inspiration.

the doctor s opinion aa big book: The Recovering Leslie Jamison, 2018-04-03 From the New York Times bestselling author of *The Empathy Exams* comes this transformative work showing that sometimes the recovery is more gripping than the addiction. With its deeply personal and seamless blend of memoir, cultural history, literary criticism, and reportage, *The Recovering* turns our understanding of the traditional addiction narrative on its head, demonstrating that the story of recovery can be every bit as electrifying as the train wreck itself. Leslie Jamison deftly excavates the stories we tell about addiction -- both her own and others' -- and examines what we want these stories to do and what happens when they fail us. All the while, she offers a fascinating look at the larger history of the recovery movement, and at the complicated bearing that race and class have on our understanding of who is criminal and who is ill. At the heart of the book is Jamison's ongoing conversation with literary and artistic geniuses whose lives and works were shaped by alcoholism and substance dependence, including John Berryman, Jean Rhys, Billie Holiday, Raymond Carver, Denis Johnson, and David Foster Wallace, as well as brilliant lesser-known figures such as George Cain, lost to obscurity but newly illuminated here. Through its unvarnished relation of Jamison's own ordeals, *The Recovering* also becomes a book about a different kind of dependency: the way our desires can make us all, as she puts it, broken spigots of need. It's about the particular loneliness of the human experience-the craving for love that both devours us and shapes who we are. For her striking language and piercing observations, Jamison has been compared to such iconic writers as Joan Didion and Susan Sontag, yet her utterly singular voice also offers something new. With enormous empathy and wisdom, Jamison has given us nothing less than the story of addiction and recovery in America writ large, a definitive and revelatory account that will resonate for years to come.

the doctor s opinion aa big book: Dr. Bob and the Good Oldtimers Alcoholics Anonymous, 1980 A biography, with recollections of early A.A. in the Midwest.

the doctor s opinion aa big book: Big Book Study Guides for AA Alcoholics Anonymous, 2014-11-07 Two Study Guides For the Big Book of Alcoholics Anonymous The first study guide has a summary of each book and then hundreds of follow up questions to answer and add sobriety notes. Can be used alone and in group meetings. The Dr.'s Opinion, More About Alcoholism, A Vision for You and all the rest are included. The second study guide is a smaller week by week exercise guide that is suited for group meetings. Can also be used for Narcotics Anonymous, Overeaters Anonymous and other Twelve Step Groups.

the doctor s opinion aa big book: The Narcotics Anonymous Step Working Guides , 1998-01-01 Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

the doctor s opinion aa big book: Emotional Sobriety Aa Grapevine, 2011 Volume Two of one of our most popular books. Sober AA members describe the positive transformations sobriety can bring as they practice the principles of the program in all aspects of their lives.

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