



# The Universal 12-Step Program: How to Overcome Any Addiction and Win!

*Martin Sandry Ph.D.*

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The Universal 12-Step Program offers hope and promise to anyone suffering from addiction. Using Rational Emotive Behavior Therapy techniques, the authors outline simple step-by-step exercises for the reader to follow down the path to breaking their addiction. The Universal 12-Step Program is compatible with -- and can easily be integrated with -- other forms of traditional therapy and support groups. Often, this synthesis leads to effective recovery more quickly and easily than if either is used separately. The twelve steps are molded into action statements, including: -- I admit that I have lost control of my addiction and that my life is becoming unmanageable. -- I shall let rational thinking help me. -- I shall practice these principles in all of my affairs and will carry this message to others. -- And every step in between!

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