



# The Dual Disorders Recovery Book: A Twelve Step Program for Those of Us with Addiction and an Emotional or Psychiatric Illness

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This compelling book *The Dual Disorders Recovery Book*, written for those of us with an addiction and a psychiatric illness, provides a source of information and support throughout our recovery. Personal stories offer experience, strength, and hope as well as expert advice. The book offers information on how Steps 1-5 apply specifically to us. An appendix includes a "Blueprint for Recovery," the meeting format of Dual Recovery Anonymous, and self-help resources.



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