



The Pathways to Sobriety Workbook

William Fleeman

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Chemical dependency is a huge problem. In the U.S., 10% to 12% of the population is dependent on alcohol or some other addictive chemical such as heroin, cocaine, or amphetamines. Author William Fleeman believes chemically dependent people use chemicals to transform painful feelings such as anxiety, fear, and depression into pleasurable feelings such as confidence, courage, and elation. This book helps readers unlearn this destructive pattern through a cognitive/behavioral approach. Chapters cover self-assessment, the eight steps of recovery, what to avoid, special methods and skills, anger and forgiveness, relapse prevention and more.

The eighteen self-help sessions can be completed in eighteen to twenty weeks, or sooner. Each chapter contains first-person accounts that clarify concepts and personalize the lessons and exercises. The book helps people move beyond mere abstinence and make major changes in character in order to build a contented sobriety.

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