



The 12 Steps: The 12-Step method is a practical approach to overcoming addictions, co-dependency, and compulsions.

Mark Langley

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A time-proven process of healing, The 12-Step method is a practical approach to overcoming addictions, co-dependency, and compulsions. These steps will help you • Heal your relationships with others • Master new skills to sustain a healthy lifestyle • Restore joy and meaning to your life • Overcome social isolation • Learn to hear and be honest with your Self • Build a clear sense of purpose

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