



Last Call: Alcoholism and Recovery

Jack H. Hedblom

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"I knew about drunk, but did not know anything about living sober. I hadn't really been sober for fifteen years. It wasn't enough that I stopped drinking. I had to learn how to live."

The journey from alcoholic insanity to sobriety and the pivotal role of Alcoholics Anonymous (AA) in navigating that transition is the focus of *Last Call*. Using powerful first-person narratives like the one above (composites of many anonymous speakers), psychotherapist Jack H. Hedblom provides compelling insights into the minds and hearts of addicted drinkers, from bizarre behavior and denial to the moment of "hitting bottom" and seeking change.

Hedblom covers the process of getting sober, from diagnosis to detox to sobriety. He focuses on the challenge of learning to live without drinking—a long-term goal, Hedblom asserts, that is best achieved by regular participation in AA.

Hedblom's vivid descriptions reveal AA meetings as gatherings of fellowship, compassion, tears, and laughter. In relating the history of the organization, he describes the role of sponsors, elaborates on the Twelve Steps and the Promises, emphasizes the importance of spiritual development in recovery, and refutes the common misconceptions that equate spirituality with organized religion.

Through the stories of people who have escaped the tyranny of alcoholism with the help of AA, Hedblom shows that the road to recovery is a journey of self-discovery, change, and hope.

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Precisely why? Because this Last Call: Alcoholism and Recovery is an unordinary book that the inside of the book waiting for you to snap the item but latter it will distress you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This book will give you a lot of positive aspects than the other book have got such as help improving your proficiency and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the e-book store hurriedly.

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