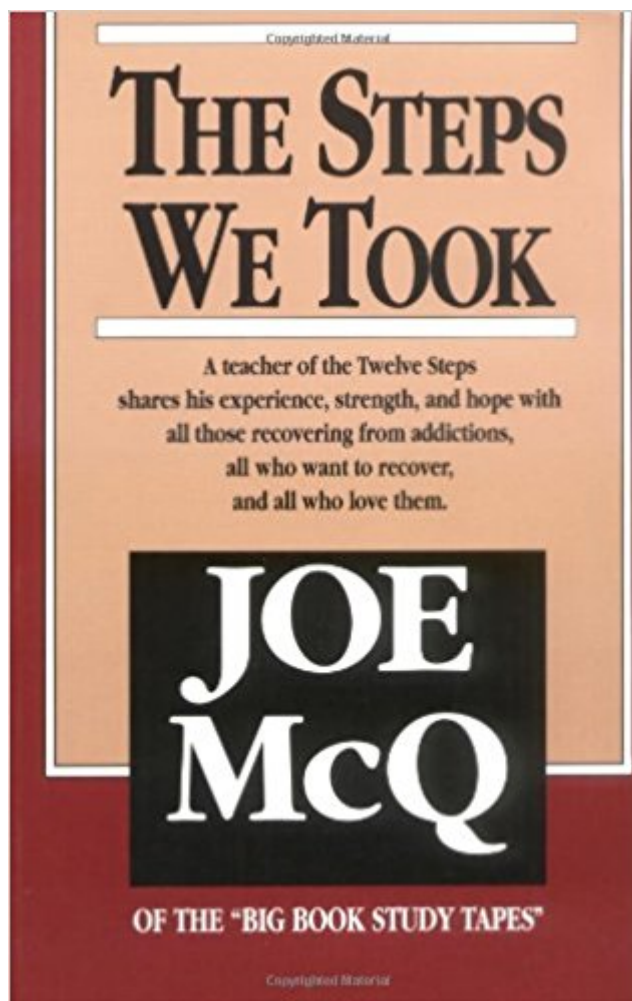




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# The Steps We Took



## Synopsis

The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addictions. The addictions may be to alcohol or cocaine, gambling or food, violence or sex and love, but the path to recovery is the same. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for twenty-eight years. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work—and how they can change our lives.

## Book Information

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## Customer Reviews

A teacher of the Twelve Steps shares his experience, strength, and hope with all those recovering from addictions, all who want to recover, and all who love them in this book of plain-spoken wisdom.

"Any problem we see in our lives can be healed with the Steps," says McQ.--referring to the popular addiction treatment program started by Alcoholics Anonymous. Executive Director of Serenity Park, a treatment center in Little Rock, Arkansas, McQ. has been a student and teacher of the Twelve Steps for 28 years. This book is based on interviews between him and Sally C. and Huey C., two "editors" not mentioned in the copyright. Whereas in most Twelve-Step programs, "God" can be anything a person wishes, McQ. views God as the Creator of the Universe and Giver of the Steps. Such simplistic proselytizing might work well from a podium or pulpit, but the reader demands either

personal insight or practical help, and this book is sorely lacking in both. In addition, McQ.'s distinction between Us (those involved in recovery) and Them will alienate prospective readers who have not yet committed to a recovery program.- Rochelle Ratner, formerly Poetry Editor, "Soho Weekly News," New YorkCopyright 1990 Reed Business Information, Inc.

This is an excellent guide to working the 12 steps of Alcoholic Anonymous. The author is well known for the outstanding Big Book Studies he did along with a fellow AA member, Charlie. I give a copy of this book to all individuals I sponsor, as well as other friends in the program. When used in conjunction with the AA Big Book, it simplifies understanding of the 12 steps. The book's author is a long time member of AA and has experienced working the steps first hand. I would highly recommend this book to anyone who is beginning a journey of recovery!

This is one of the classics of 12-step literature for me. It covers the same territory as other early authors cover, but it adds a depth and practical experience I have found very useful in sponsoring others in recovery. I think that it is a must-read for all those serious about recovery, not just sobriety.

I've worked the steps all the way through with different sponsors and sponsees. This is a great companion guide to the Big Book because it uses the same expositional style as Joe and Charlie's Big Book Study workshops. Perfect for anyone who finds the A.A. Text hard to understand due to the language and style of the 1930s. Joe McQ. gets inside the Big Book and extracts deeper meaning and builds a modern set of glasses through which to see the steps and how to "work" them. I recommend this for small groups to use as a study guide. I use it with my sponsees and they all appreciate it as another valuable tool for their recovery toolbox. Dave H. 03/05/1995

I have been in a group for over five years now, and we have been using this as a guide! not set in stone! But, pretty damm good stuff, we bring new guys with a couple of weeks sobriety in and they never leave, they say it is the best meeting they go to! They are new and they know that these guys are making them think right out of the box! And they like it!!! It's helping me ,28 years next month, and its helping the guy walking in the door, good job

What an adequate presentation of the 12 steps. Simple and active. The 12 steps not 12 stand stills.

I found this book to be, not only easy to navigate, but also a real "eye-opener" into the complex

issue of Alcoholism. Being a recovering alcoholic myself, I would have given anything to have had this book much, much earlier in my sobriety. It clearly lays out the processes to identifying the personal faults associated with alcoholism and how to address them in a format that is genuinely unique, insightful, and most of all, easy to understand. Joe McQ's expertise is refreshing, yet to the point and would be a boon to all who seek help in understanding how to work "the steps". Special attention is paid to Steps IV & V, which include diagrams for exploring one's inner self; a tool I found most useful in identifying the "exact nature" of the wrongs we had committed and why they blocked us from contact with our "Higher Power". Overall, the book is factual, concise, and easily doable. Kudos, Mr. McQ, kudos.

This is one of the best books I ever purchased. This book is a fine example of Keep It Simple Stupid. I would recommend this to a friend and definitely to a person working the steps for the first time.

Excellent communication of the steps. Good to hear something new and meaningful and refreshing to my ears and soul.

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