The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry

By Lance Dodes, Zachary Dodes

Beacon Press, United States, 2015. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. An expose of Alcoholics Anonymous, 12-step programs, and the rehab industry and how a failed addiction-treatment model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5 10 percent success rate hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In The Sober Truth, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program s overall success. But The Sober Truth is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes...

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