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The Sober Truth suffers from a number of blatant falsifications of AA which can be attributed to 1.) an ignorance of or an unwillingness to discuss certain segments of AA literature (i.e., they haven't done their research); 2.) a

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misreading of the literature they indeed quote; 3.) interpretations that are caricatures of the reality of AA practice; and 4.) they take the “horror stories” and “rigidities” of AA and claim that these are normative and common throughout all of AA.

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Perhaps most

importantly, The Sober

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Sober Truth: Debunking the Bad Science Behind 12-Step Programs And The Rehab Industry By Dodes Lance Dodes Zachary

Truth should stimulate a fundamental dialogue that can move the field forward. Finally, and not to be missed, this book also serves as a treatment guide for anyone seeking help with their own or a loved one's alcohol use."

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The Sober Truth: Debunking the Bad Science Behind 12-Step Bad Science ...

The Sober Truth:
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Programs and the Rehab
Industry, co-authored by
brothers Lance and
Zachary Dodes, is a far
less dry and more
radically change-
oriented book than its

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Subst Truth.

What makes this read so compelling and its ideas so unusual, IMHO, is the primacy of individual human beings who struggle with addiction issues -- their personal thoughts, feelings, experiences -- in its assessment of the value of treatment options for those .

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The Sober Truth: Debunking the Bad Science Behind 12-Step Bad Science ...

I'm posting this note regarding The Fix article here under my book review of Lance Dodes, The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry, since the editors indicate

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that Lance Dodes and
Joe Nowinski will
debate AA next week on
The Fix.

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Perhaps most
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Truth examines the
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The Sober Truth

includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories

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vividly reveal the
experience of walking
the steps and attending
some of the nation's
most famous 12 Step
rehabilitation centers.

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Dodes analyzes dozens of studies to reveal a

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startling pattern of
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and biases.

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Industry, Dodes and his

co-author reviewed 50

years of research and

said that most people

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who have experienced Alcoholics Anonymous (AA) have not achieved long-term sobriety, and only five to eight percent of the people who go to one or more AA meetings achieve sobriety for longer than one year.

Lance Dodes -

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deeply flawed science
that the 12-step industry
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asserts that addiction

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can be treated with

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focuses on unconscious
feelings and thoughts.

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