



Na: It Works: How and Why

Ed Na World Services

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Discussion of the 12 Steps and 12 Traditions of Narcotics Anonymous written by members, with index. An aid for use with the text "Narcotics Anonymous"

Na: It Works: How and Why Details

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From Reader Review Na: It Works: How and Why for online ebook

David Buckingham says

How to get clean and stay clean

Jigme Datse says

I found this really difficult to read. I am leaning more toward a 2 star review than a 1 star review. It was OK, but there were also a lot of aspects of it that I rather disliked. This is very obviously a 12-step book, and really wants you to buy into the steps and traditions. What I found was going on with me was a whole lot of stuff going on my head "that will never work for me", "I just can't do that" and things like that. Still. I did read it, and I read the whole thing.

Fortunately it is relatively short to read, so that is kind of good.

Bilal El Houdaigui says

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Take what you like and leave the rest.
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The book discusses the 12 steps program along with the 12 traditions which is a program dedicated to addicts from all around the world in order to help them recover and stop using drugs.

I'm amazed by the content, especially the pillars on which this program is based, they're well defined and made the purpose of the fellowship very clear.

DJ says

I don't often disclose the details of my personal addiction, and I'm not going to go into detail here, either. I just wanted to say that if you or someone you love is dealing and struggling with addiction of any form, AND that person sincerely wants 'out' of the devastating cycle, this book is a great place to start.

Following the principles of this guide saved my life, in a very literal way. Do not hesitate. Read it now. Even if you're not an addict and you don't know anyone who is -other than me?- this book is worth knowing. It's a resource that will improve your life, even if you've never touched a harmful substance in your entire life.

Windy Rykard says

dam good

Marilyn Diamond says

If you have to recover from an affliction start here. I happen to vote for this book while representing my region. It's a great read and a better way to get rid of all that garbage you may carry around. Get to know you so that we can get to know you.

Teresa says

This book explains in greater detail than the basic text the twelve steps and the twelve traditions of NA. It looks at each individually and separately. Yes, the book repeats certain ideas many times but I believe it is only to cement these concepts in the mind.
