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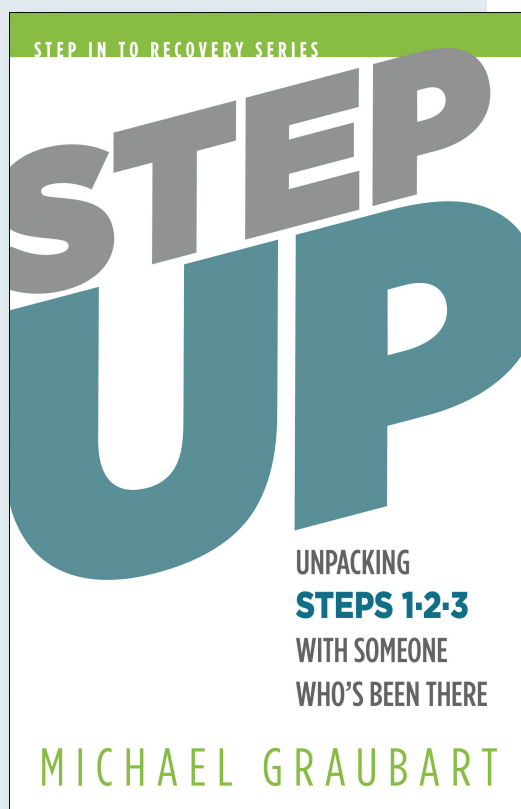
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ALCOHOLISM/TWELVE STEP PROGRAMS/
SUBSTANCE ABUSE

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ITEM NO. 3411



STEP UP

Unpacking Steps 1-3 with Someone Who's Been There
Step In To Recovery Series

By Michael Graubart

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Twelve Step meetings work because pretty much everyone in the room understands why we're all there. We've all been where the newcomer is. We aren't judging you. We're just happy you found us.

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Twelve Step programs can sometimes be intimidating. Before you walk into that meeting, you want to know the scoop and what it's really like to work a Twelve Step recovery program. Michael Graubart is here to tell you.

"Michael is a master wordsmith as well as an inspirational and thought-provoking storyteller for the Twelve Step community."



—Wally P., author & originator of *Back to Basics* book & meetings

If you're ready to take the first steps in a new direction, you don't have to walk them alone. Step up to your best life, alongside the millions of people who have embraced Twelve Step programs as a way to gratefully recover from their substance use, alcoholism, and addictions.

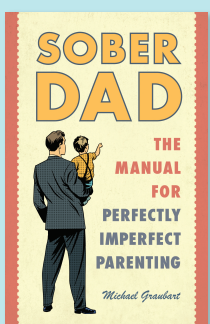
In *Step Up: Unpacking Steps One, Two, and Three with Someone Who's Been There*, the first book in Hazelden Publishing's Step In To Recovery Series, Michael Graubart provides straightforward explanations on working a Twelve Step program, starting with the first three Steps.

Graubart honestly addresses the most common questions about the Twelve Step fellowship. As someone who's been where you are today, he shows you what it's like to not only maintain sobriety, but to find a different way of life through a Twelve Step program.

Social Media and Online:

 MichaelGraubart.com
 @Sober_Dad

Michael Graubart is a longtime sober member of Alcoholics Anonymous and an active member of Al-Anon and Overeaters Anonymous as well. A New York Times best-selling author, Graubart penned Hazelden Publishing's *Sober Dad: The Manual for Perfectly Imperfect Parenting*. A popular blogger, podcaster, and singer-songwriter, he writes under a pseudonym to maintain his anonymity and speak frankly about his experiences in Twelve Step recovery. Stay in touch through his website MichaelGraubart.com.



For media inquiries:
Susan Whitten, Marketing Manager
651-213-4852
swhitten@hazeldenbettyford.org

 Hazelden
Publishing

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The book is divided into three sections, and each one is written in question-answer format to address the queries I've most frequently heard from newcomers to Twelve Step recovery. The first section introduces you to the concept of Twelve Step recovery in general. The second takes you through the first three Steps. And the third covers the most common issues that addicts and alcoholics have once they begin their recovery.

Q: Michael, What's Your Story?

A: Since you've asked . . .

Okay, you didn't ask, but my editor thought it would make sense to give you a little background. Here goes.

Drank too much. Got fired too often. Got dumped too often. Too much month at the end of the money. Had a good family background and a great education, but that didn't keep me from addiction.

I overcame every advantage on my way to the bottom.

My sisters got me into Al-Anon, where I attended my first meeting on August 25, 1987. A few years later, I got sober.

My last drink to date: January 31, 1992.

So I've been sober for "a few twenty-four hours."

To be honest, I wasn't one of those people who walked in the door and said, "I'm home." Instead, I walked in the door and immediately wanted to walk back out the door.

When I first started attending meetings, it was before that sobriety date I just mentioned. At the time, I really didn't believe I was an alcoholic, and I really wasn't ready to stop. I didn't understand what the disease was, and I didn't grasp that I had a problem.

It wasn't until I'd attended enough meetings that I began to recognize how much I really belonged. I stuck around. Eventually, as the expression goes, AA ruined my drinking. When that happened, I put my hand up and identified myself as a newcomer.

Then I studied the literature. Did service. Picked up ashtrays and put away chairs. Made coffee. Was secretary. Asked a lot of questions. Found a sponsor and began to sponsor others. Took the Steps. Found a Higher Power. Did jail and prison panels. Went to a ton of meetings.

The usual.

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