



The 12 Step Philosophy of Alcoholics Anonymous: An Interpretation by Steve K.

Steve K.

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An essay in three parts explaining the 12 Step Philosophy of Alcoholics Anonymous by member Steve K. Written from a mainly humanistic perspective giving a liberal interpretation of what is commonly described by its members as a "spiritual program of recovery." The first part looks at the Steps from a more or less traditional viewpoint, although at points current models of therapy are also applied to help demonstrate the practice. The second part of the essay looks at the virtues inherent within the practice of the 12 Steps and also offers explanation in terms of Aristotle's 'Virtue Theory' of moral philosophy. Part three covers various topics of interest to those in 12 Step recovery, such as, co-occurring disorders and the idea of addiction being a disease. There is also an appendix offering a scientific understanding of addiction by Professor David Nutt. This 3rd edition includes the author's recovery story as a preface to the interpretations.

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