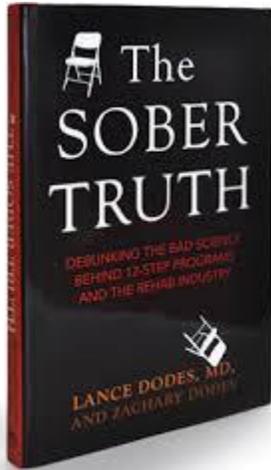


Rebellion Dogs Radio Episode 04, April 2014.

The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry is the latest from Lance and Zackary Dodes and it's causing a stir with their Harvard peers,



calling them out for their own bad science and sensationalism. *The Sober Truth* is 2014's book offering in this genre, if we can call AA bashing a genre by Lance and Zackary Dodes. So with this as our news peg we're going to do a show chronicling the journalism, TV rating, web hitting and book-pushing game we like to call, "Finding fault like there's a reward for it."

Rebellion Dogs—against skepticism and criticism? No way. There's nothing that would even be disloyal about being critical. Expect more from your government, the home team, your scientific community and/or your 12 Step group. We don't discourage critical thinking and we don't condone uniformity. To each their own; everyone has their right to their opinion. That said, not everyone has their right to their own set of facts.

There's only one history, and in the case of math, more than philosophy, only one right answer or interpretation to a given equation or question.

Today we look at AA the punching bag and some of the more divisive criticisms that have knocked on the door of 12 Step lore from Dr. Cain in Harpers Magazine in the 1960s to Dr. Dodes today.

Do you know this Harvard Psychiatrist named Lance Dodes? Late in his career, as a relative unknown in 12 Step circles, Dodes takes a few pot-shots at the AA modality and the treatment industry that gobbles up the folklore of AA: the winning formula. Let's imagine for a moment being Lance Dodes. We see the AA modality as unscientific and flawed. We are surrounded by an apathetic majority that, instead of challenging the status quo, they treat the recovery industry as business as usual, win some, lose some.

Does he bite his tongue when peers refer to AA's Lasker Award upon which a citation reads, in part, "The American Public Health Association presents Lasker Group Award for 1951 to Alcoholics Anonymous in recognition of its unique and highly successful approach to that age-old public health and social problem, alcoholism . . . Historians may one day recognize Alcoholics Anonymous to have been a great venture in social pioneering which forged a new instrument of social action; a new therapy based on the kinship of common suffering; one having a vast potential for the myriad of other ills of mankind."ⁱ

Considering the contempt we feel for AA worship, wouldn't that just get us in the Dodes cojones?

Then Time Magazine declares cofounder Bill Wilson, one of the 20th century's greatest men and the American Library of Congress names the book *Alcoholics Anonymous* as one of 88 books that shaped American culture. Is everyone drinking the kool-aid; what's a shrink to do?

John M AA-agnostica April 6, 2014

You might as well save a few dollars and dust off your old copies of Charles Bufe's 1998 *Alcoholics Anonymous: Cult or Cure* or Stanton Peele's 1999 *The Diseasing of America* or Ken Ragge's 1998 *The Real AA: Behind the Myth of 12-Step Recovery*, among others. It's *déjà vu* all over again!

Taken as whole, excluding these two chapters (John really liked Chapter 3 and 7), the rest of the book simply undermines itself. The authors are long on criticism (some justified as noted) but short on offering any proposals that realistically meet the challenges of addiction in our diverse communities today, apart from a recurring, almost mantra-like evocation scattered throughout the work that every alcoholic or addict should seek out a good psychotherapist — Dr. Lance Dodes' profession, as one would hardly need to guess."

So to The Sober Truth the truth, the whole truth and nothing but the truth about 12 Step modality, we say, "The truth? You can't handle the truth."

Let's explore the background of this type of shaking the foundation. Since the millennium everyone's a citizen journalist now, aren't they? There is the Orange Papers, a self-proclaimed watchdog over AA cultism and the dark and sinister intentions behind the 12 Step conspiracy. I don't dismiss people who feel they have escaped a cult when they left AA. Some groups are kinda-culty, some members seem to demand heroes to worship and slogans to parrot.

The "Is AA is a Cult?" balloon has been floated often since Dr. Arthur H. Cain's Harper's Magazine article in February 1963 called, "Alcoholics Anonymous: Cult or Cure?" Cain attended AA, asked questions which were often rebuffed with "utilize, don't analyze," which he took as anti-scientific, and if he did, I don't blame him. However, complaining that AA isn't very scientific is like saying music isn't very logical. AA borrows from medicine, psychology and religion and the quasi-medicine of AA for alcoholism both frustrates those who want to measure as much as it does those who want to gauge if this last house on the block—this AA meeting—is going to work for them.

Not that's it's AA per se, in terms of public policy but AA members can be as defensive as anyone when they are being criticized. A lot of AA was outraged and wanted to know what Bill

Wilson was going to do about Cain's slanderous tone. As Francis Hartigan reports in *Bill W: the biography of the AA cofounder*, "AA members responded to the article by bombarding Harper's with hundreds of angry letters. Others members wrote saying that they felt the criticism was important and necessary. Some even said that the views Cain was expressing were their views, as well. Bill handled the brouhaha the article caused by writing an article in the *Grapevine* suggesting that AA might be able to learn from its critics. He also indicated in an oblique way that he felt that some of what Cain had said might be true." P. 204

Let's get 21st century for a while shall we? Season 2, Episode 10. Bullshit Aired August 19, 2004. Chris Hedges warns us about when news and entertainment lines get blurred in his book, *Empire of Illusion*. Penn & Teller are professional illusionists. Can they be called investigative journalists or are they pure entertainers? I ask that question to put it out there for you. We aren't going to weigh in one way or the other.

Penn & Teller called Bullshit on 12 Step Programs. Lance Dodes who wrote that book we're going to talk about was one of the Penn & Teller expert witnesses. Steve Mack was on the Bullshit show. He is a litigator with substance abuse that disagrees with many AA tenets, powerlessness, disease, and the always ready for prime-time higher power concept. On the



Bullshit show, Mack says, "The gist of the 12 Step program is that you absolutely must turn your will and your life over to a higher power called God—a very specific God that cares what you do, day in and day or you will die."

Sorry, Penn & Teller, I gotta' call Bullshit on you. That's a seductive trap for new-atheists to fall into. The "If

someone says AA demands obedience to God, it must be true," trap. Belief in a prayer answering, sobriety granting deity is the *worldview du jour* in AA so finding a certain presumptiveness about God of our understanding being inclusive enough for everyone is common. Mind you, AA atheists have been walking into the rooms, standing up for what they believe, getting better, living and dying sober ever since Jim B who was at one time, AA # 4.

But for the binary thinking of Penn & Teller's Steve Mack, this inconvenient truth won't deny him his 12 minutes of fame by rolling out circuit court decisions that forced attendance at AA is unconstitutional based on American's First Amendment right to freedom of and freedom from religion; hence AA is religious.

Never mentioned is that AA never has and never will contest such a conclusion. Hey, AA didn't suggest that courts sent DUI offenders and drug dealers to meetings in the first place. We have no affiliation with the Correctional institutions and if those same courts deem us religious we won't agree or disagree with them. Be it controversial or not, that's not the point. We don't argue or engage in public debate. If you want to tell the judge that one must believe in God in order to get sober in AA, that's your opinion and you win. Taking on the, and I say in quotes, AA establishment, is like waging war on the Buddhists. The war will end when you stop fighting because they will never lift a finger in defense.

The Penn & Teller bit was hysterical. I watched it several times. They call out antiquated literature, a zealous faction inside AA and the Fellowship's woeful lack of statistical analysis.

With no requirements for members, no one to check your homework and no exit survey—that doesn't leave much room for AA's own internal fact gathering. Not everything that matters is measured and not everything we measure matters.

But Penn & Teller found something. The didn't understand it or talk to anyone who had studied it but it was visual and it looked great for their purposes. It's a graph based on AA's own internal triennial surveys showing, as they put it, 5% of the people who come to AA are here at the end of a

year. It's the perfect visual of failure if you take a nice, 15 second look. It starts with 19 % on the left of the Y-axis and it travels the X-axis from two to three to four, all the way to 12 months; the numbers drop sharply down to 10% at three months, seven percent at six months and 5% at 12 months. See: 5% success rate. Which, incidentally, is the same number for spontaneous remission (or close enough for arguments sake).

FIVE %. Penn & Teller one, AA no score, the truth police have busted a widely held conspiracy that AA is relevant or helpful. I think Penn Jillette is of above average intelligence; maybe he's a

% of those coming to AA within the first year
that have remained the indicated number of months

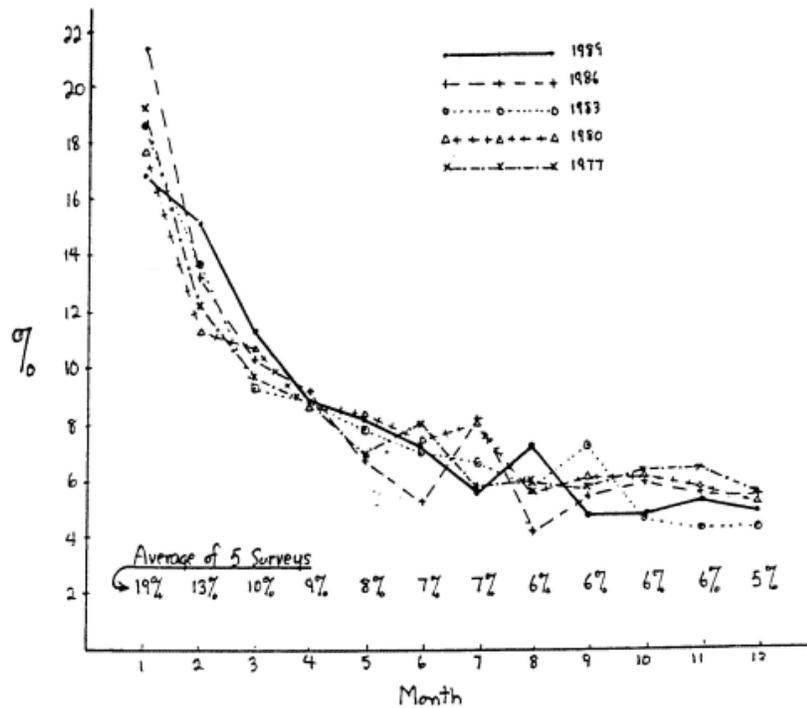


FIGURE C-1

genius. Look at how eloquently he talks. His partener, Raymond Teller, is so smart, in my mind, because he stays quiet. I will go out on a limb and say “These are smart folk.” Can they know so much about words and nothing about numbers? Mr. Jillette, a quick question about your graph. How come the starting number of people (you say) come to AA) is 19%, not 100%? If you go from A, down to B, and B is 5%, then doesn't A have to be 100, not 19%?

Here's part of the answer. In 1977, when the first numbers were gathered and plotted onto this graph, 63% of the survey respondents were sober for more than a year, which by a lot of professional standards counts as successful. By the fifth survey period in 1989, 66% of survey respondents had more than a year's sobriety. This survey doesn't represent AA success rates or failure rate. What it does do is it looks at the 34 to 37% of people who, at the time of each of the five surveys, have been coming to AA for less than one year. The first year in any 12 Step Fellowship separates the window shoppers from the buyers.

Over 60% of survey respondents were sober over a year. Of those exposed to AA for 12 months or less, here is what how many consecutive months they reported to being in AA for:												
%	19%	13%	10%	9%	8%	7%	7%	6%	6%	6%	6%	5%
Months	1	2	3	4	5	6	7	8	9	10	11	12

Enough number crunching for a moment; let's get some fresh air. To make a point, I am going to ask you to close your eyes and imagine Banff National Park. The National Park stretches on both sides of the Alberta, British Columbia border in the Rocky Mountains of Canada. Imagine the snow capped mountains, breathe in the crisp clean air. All who come to the national park pass through Banff Alberta—the town with the same name—population: 7,584 residents. Four million people come to Banff every year. Less than 8,000 live there. Would Penn & Teller or Dr. Dodes conclude from this study that if 4 million come every year and only 8,000 live there that Banff is not a desirable place to be? Many came, few stayed. What else could we conclude except that Banff fails to appeal to travelers that pass through? If they liked it or got anything out being there, they would still be there now; right? Can all but 8,000 of the 40 million that came to Banff in the last decade be stats that prove Banff is a lousy place to be; otherwise they would all still be there?

Is that a fair analogy? I don't know, but it is suffice to say that the graph might not show that AA has a 5% success rate, no matter how much one or two TV guys are sure that it does. It's more complicated than that, but to be fair, it's confusing enough that even the well-intended could jump to conclusions. *AA Recovery Outcome Rates – Contemporary Myth and Misconception* by three amigos of AA History Lovers, Arthur S, Tom E, and Glen C. was distributed October 11, 2008 because of this type of confusion. In there, they write:

The hand-written graph is at the center of erroneous assertions that contemporary AA has a 5% success rate outcome. The sequence of percentages at the bottom ends at 5% above month 12 on the x-axis of the graph. This 5% value has been erroneously interpreted as

the percentage of candidates who stayed a full year and it is a complexly inaccurate interpretation of what the 5% value actually represents. This paper presents consideration and discussion regarding the graph, its source data, composition, and most importantly, how it should be interpreted.ⁱⁱ

Just as everyone visiting Banff Alberta isn't looking to move in, not everyone who comes to AA needs to, wants to or should stay. As Don McIntire puts it in "How Well Does A.A. Work?" "Getting sober is a deliberate, not an instantaneous, process."ⁱⁱⁱ AA isn't on a membership drive or staking its reputation on how many people who come to AA want to stay. Again, like the visitors vs. residence in Banff, AA isn't looking to convert everyone but it will make room for anyone. The Public Information slogan is, "If you want to drink and can, that's your business. If you want to quit and can't, that's our business; call Alcoholics Anonymous."

People who want to keep drinking should not feel ashamed of themselves. Others who get the gist of things in the rooms and then take it from there—in other words, those who want to quit and can—be thee well. Do you prefer moderation management or harm-reduction? A sincere, "good luck to you." What if someone wants to quit but can't? That's AA's niche and we say give it a try, we know how you feel, or infamously, "Rarely have we seen a person fail who has thoroughly followed our path."

I have always been analytical so I would love to know more about how to differentiate the facts from mythology inside AA. We've heard the 50-25-25 claims made by Bill Wilson to the American Journal of Psychiatry (1949) in the Foreword to the Second Edition of *The Big Book* (1955). Bill W claims that ½ the people who "really tried" got it right away. Of the other ½ they are divided between those who really try but never get it and those who keep trying and eventually get it. Was that anecdotal? It was. Was it different then compared to today? I got sober in the mid-1970s. Almost everyone then came of their own accord. Nowadays, courts, employee assistance programs and medical practitioners make the same ultimatum that maybe only families and loved ones did in the 1970s—"Go to AA now or get out!" So, today, maybe more are here without that *sincere* desire to stop drinking; they are just getting the heat off them.

Searching for my own interest in subjective numbers, I saw a paper called *AA Outcome Rates*, 2008. This publication may have been a reaction to slights like *Bullshit*, the comedy/citizen-journalism that is Penn & Teller. But if the *Bullshit* producers were after balanced journalism, while the 2008 paper came out too late to draw on, they wouldn't have missed the 2000 paper by Don McIntire, "How Well Does A.A. Work?" in *Alcoholism Treatment Quarterly* which I quoted briefly earlier. If Penn & Teller didn't have access to this study in 2004, their guest Dr. Dodes had likely read it.

So we'll measure these two academic looks at the 12 Step community against popular AA criticism, today. But wait—there's more: A third resource we will draw from, the peer-reviewed 2003 "Recovery Careers of People in Alcoholics Anonymous," by Heath C. Hoffmann. This one

will help us define, “What is success?” Some of this “success” that Hoffmann talks about, stretches beyond AA’s sacred tenets. Hoffmann’s study observes four tracks for someone coming into and getting into AA—the insider, the graduate, the relapser and the tourist. We’ll get into that. But let’s get a grasp of what this graph that these critiques are all based on is really telling us.

From AA Recovery Outcome Rates – Contemporary Myth and Misconception, here is some history on this AA triennial survey that causes the controversy in the first place:

In 1968, Alcoholics Anonymous took an inventory of its membership in the form of a survey. Recognizing the need to know more about the Fellowship, a small trial survey was conducted in a few groups by the Regional Trustees to see how members would respond to a voluntary anonymous questionnaire. It went so well that a committee was set up to conduct a survey of 5% of the registered groups in the United States and Canada. A later pamphlet “The Alcoholics Anonymous Survey” (previously numbered P-38) explained: *It was Dr. John L Norris, nonalcoholic chairman of AA’s Board of Trustees, who first stated the need for more accurate information about AA and its members. In dealing with the medical and scientific community on the question of alcoholism and its treatment, Dr. Norris found that he could cite numerous examples of how AA works, but that he lacked facts and figures. He posed his problem at a meeting of the Policy Committee of the Board of Trustees and requested that the Fellowship explore ways and means of providing more accurate information. Dr. Norris stated that “There were two major reasons for undertaking the survey:”*

1. To enable AA to furnish more accurate data about the Fellowship and its effectiveness to the growing number of professionals—doctors, psychiatrists, social workers, law enforcement officials and others who are working today in the field of alcoholism.
2. To provide AA with more information about itself so that members can work more effectively in helping the many millions of alcoholics who still suffer throughout the world.

That first survey in 1968 sampled 11,355 AA members in the United States and Canada. It was so well received and useful that the General Service Conference of Alcoholics Anonymous has continued the practice on a regular basis. The “Triennial Survey” has been conducted by AA every three years since the first survey in 1968.

The graph that everyone is talking about is called, “Percentage of those coming to AA with the first year that have remained the indicated number of months.” The same question is asked and numbers plotted for the surveys from 1977, 1980, 1983, 1986 and 1989.

The average length of sobriety among members has increased from 1977 when it was 4 years to just under 10 years in the 2011 survey. In 1977, 37% of survey respondents in AA were sober

less than one year. In 2011 that number had shrunk to 27%. It's these first year members that all the fuss is about. Of note, of members that were coming to AA for less than a year, from the first month to the third month, half had left. Did AA let those people down? If we knew why they left, that would be very helpful.

The architect of the members survey, Dr. Norris, qualified the first 90 days as a “just browsing, thank-you” period where potential AA members weighed their options and AA's relevance to them. Here's what Norris said as reported in “How Well Does AA Work?”

In the 1977 Survey Analysis, Norris (1977), specifically comments on the first 90 days of a beginner in the A.A. Program, designating it as the *Introductory Interval*. While newcomers are by tradition members of Alcoholics Anonymous if they say that they are. These are in fact members in training. They are being educated about the Fellowship and its Program. During this period the beginners examine the beliefs and practices of the Fellowship and form opinions as to the probable suitability of A.A. to their need for personal help with their drinking. They are in the process of making a decision that may well be the most important in their lives: true commitment to sobriety. This is the 90-day period that Norris presents as the *Introductory Interval*.”

A 2003 Study of AA Careers by Heath C. Hoffmann is entitled “Recovery careers of people in Alcoholics Anonymous.” Hoffmann identifies four types of AAs. The insider is the rank and file member, elder statesmen, circuit speakers and wallflower. The Graduate behaves just like the insider—for a while. At some point the member's purpose, priorities or preference change for this would-be insider and they become the graduate. The Relapse—we know her or him. They are active in 12 Step culture and then back into their addictive routine, and back and forth, back and forth. We hear the stories of the 24th rehab followed by 20 years of continuous sobriety. We also lose friends and wonder if there was more we could have done. The Tourist is the fourth category of AA member. As the title tourist suggests, these people are engaged, inquisitive, as fully into learning and experiencing everything about 12 Step Life as they can take in. Once they've got what they need, their time is up, they return to their regular life.

The Recovery Careers of People in AA study by Hoffmann of the Department of Sociology, University of Georgia, doesn't suggest that we can predict with certainty what the future holds in store for any of these four AA careers. The insider could relapse just as the graduate or tourist might. The relapser might get it together. Hoffmann is clear that her findings aren't exactly AA slogans. The paper flies in the face of one of the most basic AA tenets—once an alcoholic, always an alcoholic as the study recognizes those who return to respectable drinking.

“Suggesting that an AA member can ‘get better’ and return to moderate drinking contradicts AA's philosophy . . . Even if an AA member—be she a newcomer or a seasoned veteran—stops going to meetings and does not resume drinking, it is assumed

by most members that she will live her life as ‘dry drunk,’ describing the misery that characterizes life of the active alcoholic but without alcohol.”^{iv}

So, doesn't this present a conundrum inside and outside AA ranks? One of the taboo topics, but under-sold features of 12 Step programs, is that AA meetings are not a life-sentences. AA, according to Hoffmann's findings, doesn't trade chemical or process addiction in for dependence on meetings and/or a circle of Steps One through Twelve and back to One again. For some, 12 Step culture becomes a new way of life. We can see how someone would give up their bar crawling ways and become a regular AA meeting, conferences and socializing member. For an alcoholic, both are habits; one is healthier than the other.

For the AA critic, maybe the dissipating numbers of people in their first months compared to members getting their one year medallion, isn't a failure of AA at all? What is success objectively? Could getting a leg up in AA and then getting on with life be called an AA failure? Can AA get the credit for that tourist's sobriety? The only judge is the member and that information is a tad subjective. And what if someone drinks again; is that a failure? Compare AA to chemotherapy. How many chemo patients become cured of cancer? But isn't the point to improve or extend the quality of life? Not to be too morbid, but a relapser may die of alcohol addiction but maybe their checkered sobriety was better than the alternative.

In *The Sober Truth*, in what he calls A BIG QUESTION on page 44:

“The likely explanation is simple: people stay in AA if they're getting better and leave if they aren't. This is understandable. If you are able to stop drinking, then continuing to attend AA is a comfortable and affirming choice. If you struggle with drinking and can't make use of the AA approach then you are less likely to keep attending. Over the long term, the people who remain in AA are, by definition, the success stories.”

First of all, people who leave AA may be a success story too. I don't think we can come to these judgments without asking them or measuring their life before and after AA. Hoffmann talked about the graduate or tourist who, while Dodes and company write them off as returning to active alcoholism, may well be the fastest and brightest in the class.

Also, you can't look at 12 Step culture without looking at migration. How many of the people who went to AA for a few months are now in recovery in another 12 Step fellowship—Narcotics Anonymous, etc. Many of the hundreds of 12 Step fellowships encourage newcomers to go to some open AA meetings. Those people may longer show up in AA but still be active in another fellowship.

Some of the people who self-disqualify themselves from AA are right to do so. We hear it said that, “no one ever walks into an AA meeting by mistake,” because the cleanest and soberest of us all, at one time, argued that this isn't for me, I am different, I am sure I will be OK without it. Denial is almost always going to be present during the shock and trauma of being confronted

with the possibility of being an addict. If you say, “Thanks for your time, but this really isn’t for me,” at most meetings, others will roll their eyes, laugh and say, “We’ve all been there honey—keep coming back.”

However some people are ashamed of a lost weekend and have health, financial and relationship problems because of their bender—but that doesn’t make them an alcoholic. The AA literature even suggests trying some controlled drinking if you’re not sure. So, not everyone who leaves AA and starts drinking again would call themselves a failure; nor should any statistician or researcher.

So the point is that because many who come to investigate AA don’t stay, it isn’t sufficient to call the person, the fellowship or the program a failure.

Publicity for *The Sober Truth* was something that maybe publishers should study. “Debunking” and “bad science” are words in a title that win over cynical readers and more importantly, cynical editors. Salon Magazine, Dodes’s home-base Psychology Today and many major newspapers did a story and introduced him to readers as an expert. Like in 1963 after the Harper’s article, there was reader blow-back. The problem for this type of unsubstantiated criticism is it flies in the face of what readers know to be true. Yes, the world being flat was something that we once knew to be true. But today, readers know AA and they know AA members. Everyone would grade AA differently, based on their limited, anecdotal experience but it’s hard to tell them something doesn’t work when that isn’t the experience of the audience you’re talking to. Reader mail was mixed but largely hostile to his unconstructive criticism. Sure anyone who really is a bringer of change will be seen as a fool at first, but he will be offering an alternative. Yes, that alternative will be scoffed at to start with and then violently opposed. But if it has merit, its time will come.

Dodes offers no vision; he didn’t bring forth any new research—he offers nothing but criticism. The system is like a B-student. It could do better, there is room for improvement. I don’t see how the Dodes book is part of a better tomorrow. He certainly didn’t win his peers over.

John F. Kelly and Gene Beresin wrote “In Defense Of 12 Steps: What Science Really Tells Us About Addiction” in *Common Health Reform and Reality* and called the Dodes book out for misrepresenting scientific findings.

John F. Kelly, PhD., is a professor of Addiction Medicine at Harvard Medical School, and the President of the American Psychological Association, Society of Addiction Psychology. He is also the Director of the *Recovery Research Institute* at Massachusetts General Hospital.

Gene Beresin, MD, MA, is Professor of Psychiatry at Harvard Medical School and Executive Director of *The Clay Center for Young Health Minds* at Massachusetts General Hospital.

The two had this response to the Dodes book:

“What can we do to prevent the scourge of addiction? And what can we do when it appears in a family member? Surely we all want a magic bullet. But we also want care that is based on sound scientific research and evidence-based treatments. There are no cures. But there is hope for recovery, sobriety, and, while AA and 12-step treatments are not cure-alls themselves, research demonstrates that they are some of the most effective and cost-effective approaches to addressing chronic diseases of addiction in our society.”

These Harvard peers are critical in what they call, “a bizarrely distorted, misleading and incorrect interpretation of the study’s findings” and “In his book, Dr. Dodes commits the same misguided offenses he condemns. His critique of the science behind treatment of addiction is deeply flawed, and ironically, his own psychoanalytic model of an approach to solve the ‘problem of addiction’ has no independent scientific proof of effectiveness, particularly in comparison to other methods of treatment.”

So, do I think you should read this book? I did. If you read ten or less books a year, I don’t think so. If you read 20 or more and 12 of them are about addiction, sure, spend a weekend with this book. Maybe if you know there’s no punch line or any counter measures to the modality that he is criticizing, you can read it without suffering the dissatisfaction I went through.

Kelly and Berisin said it best. “We all want a magic bullet.” Who wouldn’t want to find a better way? But we shouldn’t blame our frustration on the status quo. Nor should we be complacent. Bill Wilson might have said the same to Dr. Dodes as he wrote in Grapevine in 1965:

“Let us never fear needed change. Certainly we have to discriminate between changes for the worse and changes for the better. But once a need becomes clearly apparent in an individual, in a group, or in AA as a whole, it has long since been found out that we cannot stand still and look the other way. The essence of all growth is a willingness to change for the better and then an unremitting willingness to shoulder whatever responsibility this entails.”^v

Thanks for spending some time with us on Rebellion Dogs Radio. This is Episode 04, produced April 2014 by Rebellion Dogs Publishing. Visit us at <http://www.rebelliondogspublishing.com> or join us on social media. Do you have ideas for upcoming shows? We’ll listen. In the spirit of constant striving, we are going with a song by The Chronicles called, “Chronic Malcontent.” I hope you enjoy it.

ⁱ Appendix IV, *Alcoholics Anonymous*, Third Edition p. 573

ⁱⁱ AA Recovery Outcome Rates – Contemporary Myth and Misinterpretations, 2008 p. 6

ⁱⁱⁱ McIntire, Don, “How Well Does A.A. Work? An Analysis of Published A.A. Surveys (1968 – 1996) and Related Analyses/Comments” *Alcoholism Treatment Quarterly*, Vol. 18(4) 2000

^{iv} Hoffmann, Heath C., *Recovery Careers of People in Alcoholics Anonymous: Moral careers Revisited*, *Contemporary Drug Problems* 30/Fall 2003

^v Grapevine (July 1965), As Bill Sees It, p. 115