



Sane: Mental Illness, Addiction, and the 12 Steps

Marya Hornbacher

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Marya Hornbacher, author of the international best sellers *Madness: A Bipolar Life* and *Wasted: A Memoir of Anorexia and Bulimia*, offers an enlightening examination of the Twelve Steps for those with co-occurring addiction and mental health disorders.

In this beautifully written recovery handbook, *New York Times* best-selling author Marya Hornbacher applies the wisdom earned from her struggle with a severe mental illness and addiction to offer an honest and illuminating examination of the Twelve Steps of Alcoholics Anonymous for those with co-occurring addiction and mental health disorders.

Relaying her recovery experiences, and those of the people with whom she has shared her journey, Hornbacher guides readers through the maze of special issues that make working each Step a unique challenge for those with co-occurring disorders.

She addresses the difficulty that many with a mental illness have with finding support in a recovery program that often discourages talk about emotional problems, and the therapy and medication that they require. At the same time, Hornbacher reveals how the Twelve Steps can offer insights, spiritual sustenance, and practical guidance to enhance stability for those who truly have to approach sanity and sobriety one day at a time.

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