



A Boomer's Guide to the 12 Steps

Stephen Roos

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People of the Boomer Generation are facing a new set of physical, economic, spiritual, and emotional challenges that come with aging. Whether they are thirty days or thirty years sober, for those hundreds of thousands of boomers in recovery from addiction, such changes impact their sobriety. In *A Boomer's Guide to the 12 Steps*, Stephen Roos examines these challenges in the context of each Step and illustrates his points through the experiences of eight recovering people representative of this generation:

- Judy's husband left her for a younger woman.
- Sally is the caretaker for her ninety-year-old father.
- Jowin's children have moved back home
- Craig, only four months sober, is dealing with life-threatening health problems.
- Olga worries that she may outlive her savings.

Those featured in *A Boomer's Guide to the 12 Steps* are dealing, sometimes struggling, with the circumstances, relationships, and feelings that affect everyone who is trying to get sober—or stay sober—as he or she ages. Through their shared experiences, readers learn to approach the Twelve Steps from a whole new angle and to continue to grow and flourish in recovery.

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