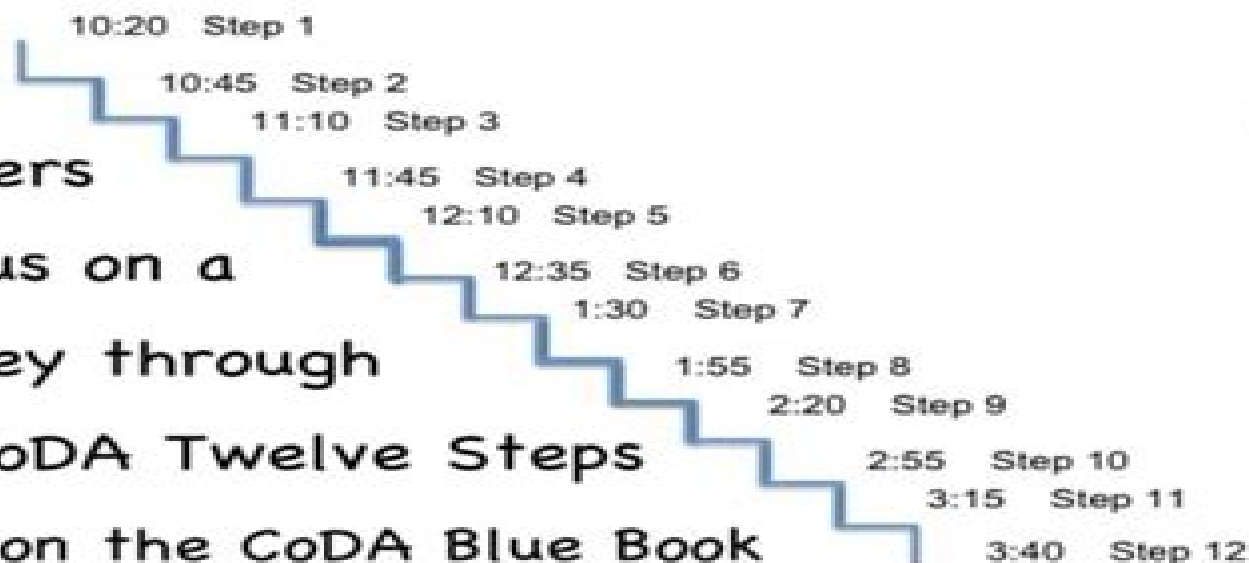


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Founders
take us on a
Journey through
The CoDA Twelve Steps
based on the CoDA Blue Book



10:00 Opening

11:35 Break

1:00 Lunch

2:45 Break

4:00 Closing
Q&A

When: Saturday, September 5, 2020,
10:00 am - 4:15 pm Arizona Time *

Where: Via Zoom Meeting ID: 840 3896 3953, Passcode: 805242

This presentation is free, but if you'd like to send a 7th Tradition contribution:
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If you have any questions, contact: codatucson@gmail.com

* 10:00 am AZ Time is 1:00 pm EST right now.

Coda Workbook

Alexandra Katehakis



Coda Workbook :

Music Fundamentals Sumy Takesue, 2017-09-22 Music Fundamentals A Balanced Approach Third Edition combines a textbook and integrated workbook with an interactive website for those who want to learn the basics of reading music. Intended for students with little or no prior knowledge of music theory, it offers a patient approach to understanding and mastering the building blocks of musical practice and structure. Musical examples range from Elvis Presley songs to Filipino ballads to Beethoven symphonies, offering a balanced mixture of global classical and popular music. The new edition includes additional vocabulary features and review exercises, additional musical selections, and 1, 2, or 3 hand rhythmic exercises. The addition of guitar tablature, a revised text design that more clearly designates the different types of exercises, and makes the Workbook pages easier to write on. An improved companion website with added mobile functionality. The author's balanced approach to beginning music theory engages student interest while demonstrating how music theory concepts apply not only to the Western classical canon but also to popular and world music. With the beginner student in mind, Music Fundamentals A Balanced Approach Third Edition is a comprehensive text for understanding the foundations of music theory. **Sex**

Addiction as Affect Dysregulation Alexandra Katehakis, 2016-09-20 Examining the neurobiological underpinnings of sex addiction. Neuroaffective science studying the integrated development of the body, brain, and mind has revealed mechanisms linking psychological and biological factors of mental disorders, including addiction. Indeed, its paradigm-shifting theoretical umbrella demonstrated that substance and behavioral dependencies share identical neurobiological workings, and thus that problematic repetitive behaviors are genuine addictions, a state increasingly understood as a chronic brain disorder. Clinical experience strongly suggests that sex addiction (SA) treatment informed by affective neuroscience, the specialty of Alexandra Katehakis, proves profoundly transformative. Katehakis's relational protocol presented here blends neurobiology with psychology to accomplish full recovery. Her Psychobiological Approach to Sex Addiction Treatment (PASAT) joins therapist and patient through a relationally based psychotherapy, a holistic dyadic dance that calls on the body, brain, and mind of both. Written with clarity and compassion, this book integrates cutting-edge research, case studies, verbatim session records, and patient writings, and art. Katehakis explicates neurophysiological, psychological, and cultural forces priming and maintaining SA, then details how her innovative treatment restores patients' interpersonal, sexual, and spiritual relationality. **Caretaker**

L.A. Graf, 2024-01-09 A Simon Schuster eBook Simon Schuster has a great book for every reader. Final Frontier Diane Carey, 2013-04-02 Commander George Samuel Kirk was aboard the Enterprise under the command of Captain Robert April before his famous son was born. Starfleet has just been founded, and the Enterprise has just been built and is sent on its first mission. The mission takes the Enterprise into the heart of hostile Romulan territory, where cosmopolitical machinations and advanced weapons technology will decide the fate of a hundred innocent worlds. **The Klingon Dictionary** Marc Okrand, 1992-01-01 The official guide to Klingon English words and phrases. The classic comprehensive Star Trek sourcebook.

for Klingon language and syntax The only book of its kind this dictionary includes the fundamental grammar rules words and expressions that illustrate the nature of the complex Klingon culture as well as A precise pronunciation guide Commands in Clipped Klingon Proper use of affixes and suffixes Conjunctions exclamations and superlatives Simple and complex sentence structure PLUS a small phrasebook with Klingon translations for essential expressions such as Activate the transport beam Always trust your instincts and the ever popular Surrender or die Qapla **The Wrath of Khan** Vonda N.

McIntyre,2000-09-22 Prepare yourself for warp 10 excitement The Galaxy s ultimate future is in the hands of James Kirk Mr Spock and the indomitable crew of the Enterprise The Galaxy s ultimate weapon is in the hands of the evil Khan and his followers A battle that will shake the universe cannot be avoided And the ultimate adventure is about to begin Typhon

Pact: Raise the Dawn David R. George III,2012-06-26 The second novel in a two part Typhon Pact adventure set in the universe of Star Trek The Next Generation After the disastrous events in the Bajoran system Captain Benjamin Sisko must confront the consequences of the recent choices he has made in his life At the same time the United Federation of Planets and its Khitomer Accords allies have come to the brink of war with the Typhon Pact While factions within the Pact unsuccessfully used the recent gestures of goodwill the opening of borders and a joint Federation Romulan exploratory mission to develop quantum slipstream drive they have not given up their goals Employing a broad range of assets from Romulus to Cardassia from Ab Tzenketh to Bajor they embark on a dangerous new plan to acquire the technology they need to take control of the Alpha and Beta Quadrants While UFP President Bacco and Romulan Praetor Kamemor work feverishly to reestablish peace Captains Sisko Jean Luc Picard and Ro Laren stand on the front lines of the conflict even as a new danger threatens the Bajoran wormhole as it once more becomes a flashpoint of galactic history **Objective: Bajor** John

Peel,2000-09-22 The Hive came from another galaxy billions of alien beings living inside a vast biological starship They have already destroyed one planet converting it into raw material and fuel for their endless voyage through the cosmos Now the Hive is heading for Bajor and they have given the planet s inhabitants an ominous warning evacuate in three days or die along with their world The Bajorans would rather die than abandon their sacred home but their hastily assembled military fleet does not stand a chance against the awesome power of the Hive Unless Captain Sisko can penetrate the Hive s defenses and discover their most closely guarded secret all of Bajor faces extinction *Catalog of Copyright Entries. Third Series*

Library of Congress. Copyright Office,1959 Includes Part 1 Number 1 Books and Pamphlets Including Serials and Contributions to Periodicals January June **Titan: Absent Enemies** John Jackson Miller,2014-02-24 A thrilling e novella based on Star Trek The Next Generation following the dramatic events as chronicled in the New York Times bestselling story arc The Fall Newly promoted Admiral William Riker and the crew of the U S S Titan are ordered to race to Garadius IV a planet Riker knows all too well from an unsuccessful peace mission when he was still first officer of the U S S Enterprise But this time he finds a mysterious new situation one with the potential to imperil the entire Federation One of the warring

parties has simply vanished Workbook to Accompany Music in Theory and Practice Bruce Benward, Marilyn Saker, 2002-08 **College Entrance Exam Preparation and Practice Workbook** Tae McGraw-Hill Education, 1999-09
Musical Times and Singing Class Circular ,1890 *Love Hunger Weight-Loss Workbook* Robert Hemfelt, Frank B. Minirth, Paul Meier, Sharon Sneed, 1991 A stand alone workbook that helps readers work through the psychological spiritual and physical aspects of food addiction through interactive questions and answers and self tests This weekly eating exercise and lifestyle plan insures successful dieting and weight maintenance with an easy to use menu exchange program for each week a behavioral diary inspirational meditations and weekly self examinations assessing spiritual growth *The American Music Teacher* ,1999 *Mythprint* ,1998 Standard & Poor's Creditweek ,1997 **Book of Proceedings of the Putnam County Legislature** Putnam County (N.Y.). Legislature, 1997 The Energy Journal ,1996 Journal of Individual Psychology ,1957

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