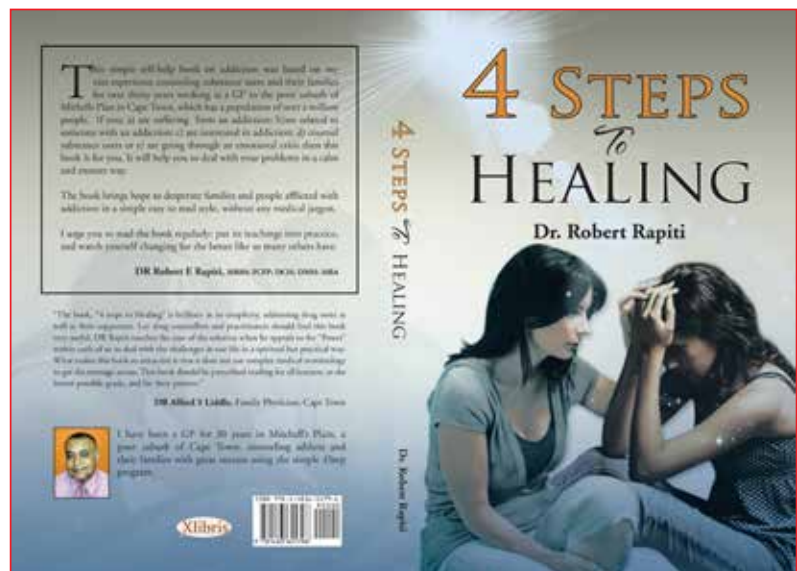


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Book review

This 73-page “easy to read” book was written with the aim of helping people with addictions (PWAs) and their families to cope with the problem of addiction. The motivation arose from the family physician’s more than 20 years personal encounters and experience with those suffering from substance abuse especially in the Mitchelles Plain of Cape Town South Africa. Dr. Rapiti realised that many of his patients with drug and alcohol related problems struggled to understand books and resource materials which had complicated steps to accomplish during rehabilitation and recovery. The fact that most of them were semi-literate having dropped out of school due to their addiction made sense to have a simpler program to help PWAs and their families.

Therefore the 4-step program is designed to help people, who have difficulty in reading, understanding and remembering to get through their rehabilitation and recovery phases capturing the main aspects of the 12-step programs used by Alcoholics Anonymous, Noranon and Narcotics Anonymous etc. Dr. Rapiti’s 4 step program focuses on the importance of spirituality in one’s life; importance of correcting one’s faults; value for family in the recovery process; and sharing gratitude for all that one has. Going through the book, it provides practical approaches on how to run a meeting for PWAs and their families, to explaining what addiction is, and various pledges that have to be adhered to. The book



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offers guidelines for PWAs and their families and friends on how to cope with addiction. Counselling features as an important strategy to include in the management and how to deal with manipulation by addicts. He concludes with 61 values points to ponder which he refers to as – “Jewels that will change your life”. This is a book that is practical in approach that I recommend for any family physician that manages PWAs and their families. It should be a resource book for both undergraduate and postgraduate family medicine students during their training programmes.

Reviewer: **Prof Gboyega A Ogunbanjo**