

AI Anon 4th Step Workbook

Time-Tested Recovery Principles For OCD. We, of Obsessive Compulsive Anonymous (OCA), have all felt the fury of Obsessive Compulsive Disorder (OCD). OCD, with its crippling power, had left us physically, emotionally and spiritually sick. Here we present, firsthand, our struggles and recoveries from OCD. Fortunately, now, the medical and psychological communities have effective treatments for OCD. For many of us, though, this wasn't enough. The 12 Step program of OCA has proven to be an important part in our continuing recoveries from OCD. Here we include: The 12 Step program for OCD Endorsements from psychiatrists and psychologists 33 personal stories of OCD and recovery Resources for OCD.

The originator of the ACoA "Laundry Lists" gives an insider's view of the early days of the ACoA movement. Tony A. discusses what it means to be an adult child of an alcoholic parent and what the self-help group can do for its members. Includes stories, history and helpful information for the ACoA. No other text available today offers what The American Psychiatric Publishing Textbook of Substance Abuse Treatment can: completely updated treatment information on a broad range of substance use disorders that is consistent with the new DSM-5 classification and thus reflective of how psychiatry is practiced today. Designed for researchers and mental health professionals ranging

from trainee to licensed practitioner, the book is also appropriate for a diverse array of rehabilitation settings, from inpatient to community-based treatment. Full coverage is provided on 12-step programs, as well, including the latest outcomes research. Much of the material is new to this edition: A chapter has been added on science in the treatment of substance abuse, in which the authors discuss the history of scientific intervention in substance abuse and explore what happens to the brain when addicting drugs are consumed, review animal models and imaging techniques, and discuss current progress in the science of addiction. Chapters have been added on screening and brief intervention, reflecting the development of brief screening tools and research on the efficacy of interventions, and the role of "recovery" in chronic care disease management -- specifically what the treatment models for alcohol dependence and for diabetes can effectively borrow from each other. A new chapter focuses on the treatment of alcohol intoxication and withdrawal -- the first steps in treatment of alcohol use disorder. Two chapters on marijuana -- one on the neurobiology and one addressing treatment have been added. Given the accelerating trend toward decriminalization and legalization of this substance, clinicians will find this information of increasing importance. The section on substance use issues among gay men and lesbians has been expanded to include bisexual and transgender people in recognition of increased

diversity among the population. Well-structured, with topics that follow logically and many practical, treatment-oriented features, such as quick reference tables and lists of recommended readings, The American Psychiatric Publishing Textbook of Substance Abuse Treatment is a classic that will enhance the education and practice of clinicians. The basic text for Alcoholics Anonymous.

For Compulsive Overeaters

Daily Reflections

Alateen's 4th Step Inventory

Alcoholics Anonymous

Wisdom of the Twelve Steps

Step 11 AA

The Story of How We Recovered from Our Eating Disorders

An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the

first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care.

Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that:

- Explains how trauma impacts addiction, recovery, and relapse
- Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks
- Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research
- Explains the differences between being trauma-informed and trauma-sensitive; and
- Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

Offers information on understanding and applying the steps in everyday life and interprets the principles behind the AA program

The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous,

Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

Courage to Change—One Day at a Time in Al-Anon II
The Narcotics Anonymous Step Working Guides
Adult Children

An Interpretation and Guide for Recovering
Al-Anon's Steps, Traditions, and Concepts
Step VI

12-Step Workbook for Recovering Alcoholics,
Including Powerful 4th-Step Worksheets, 2018
Revised Edition

The Wisdom of the Twelve Steps is one in a series of workbooks specifically written to assist the entire recovering community. Regardless your type of addiction, compulsivity, or codependency, these lessons will assist you on your journey toward peace and serenity. Learn from the stories, explanations,

exercises, and meditations. Add to that learning by working the thought provoking questions designed to nudge you toward new discoveries and the wonders of the Twelve Steps. In the fearless pursuit of happiness, many people find stress relief when they look inwardly to find their strength. One of the best stress relievers is working 12-Step Program such as AA, NA, Al-Anon, Adult Children of Alcoholics. Other self-help books available: Love is Not Enough, and Gilligan's Notes. Enjoy other books of inspiration poetry: Professor of Pain, Iron Mask, and Red Roses 'n Pinstripes. This book is also a marriage builder often used in conjunction with marriage counseling and those addictive to love. Wisdom of the Twelve Steps includes serenity quotes, happy love quotes, and happy life quotes. It fits well with those embrace love peace quotes and serenity prayer quotes. Enjoy reading about healing of addiction using the 12 steps. Alcoholics anonymous, AA, NA, codependency, Al Anon, drug addiction, compulsive gambling, compulsive eating, process addiction, sex addiction, SSA, SA, ACOA, ACA, INTERNET ADDICTION, change, sponsor, treatment center, steps, working the steps, twelve steps, workbook, 12 step workbook, 1st step, 2nd step, 3rd step, 4th step, 5th Step, 6th Step. This is the companion workbook to the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program. The ACA Fellowship Text was written by

anonymous ACA members providing guidance on working the 12 Step ACA program leading to recovery from the effects of growing up in an alcoholic or otherwise dysfunctional family.

This is an updated version (January 2014) of the popular OA Big Book study guide written by Lawrie C. It is reproduced (printed and bound) and offered for sale under the author's terms as a service to OA members. Reproduction and sale at a price above cost of is a violation of the author's terms and copyright. Find out more at oabigbook.info

Seventeen years ago, I am was on the verge of either dying or being locked up for a very long time. Instead, he became a very active member of AA and has stayed in the middle of AA ever since and has been sponsoring new members for over sixteen years. He loves AA so much that other members laugh when they hear him sing his favorite jingle: I am stuck on AA, cause AAs stuck on me! Today, I am lives in southwest Florida with his wonderful Al Anon wife and their happy seven-year-old daughter and delightful eight-month-old baby boy, I am Junior.

How It Works

Steps Workbook

Understanding the Twelve Steps

How Al-Anon Works for Families & Friends of Alcoholics

Blueprint for Progress

Beyond Belief

Answers to All Your Questions About Addiction and Alcoholism and Finding Health and Happiness in Sobriety

Written to be used in conjunction with, not instead of the "Big Book of Alcoholics anonymous." This book will help guide you through a personal experience with all "Twelve Steps" as they are outlined in the "AA Big Book." You write notes and questions from the "Big Book Awakening" into your own "Big Book" for personal consideration. After you have completed this process yourself your "Big Book" is now a powerful "working with others book" with questions and considerations that will help you work with others both one-on-one and in workshops. They then selves write the same notes into their own "Big Book" to one day do the same.

A practical guide to letting go of the character defects that get in the way of true and joyful recovery.

Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

AI-Anon Family Groups.

Designed as an aid for the study of the book, Alcoholics Anonymous, The Little Red Book contains many helpful topics for discussion meetings. This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsorprovides in-depth discussions of each of the

Twelve Steps and related character defects poses common questions about AA and helping others, identifying where to find answers in the Big Book features non-sexist language.

Obsessive Compulsive Anonymous

Alcoholic/dysfunctional Families

A Clinical Research Guide for Therapists Treating Individuals with Alcohol Abuse and Dependence

Alcoholics Anonymous Comes of Age,

Alcoholics Anonymous for the 21st Century

Eating Disorders Anonymous

Twelve Steps of Adult Children

Staying Sober Without God is a guide for non-believers who want to get sober without an act of faith. Traditional 12-step programs push for a belief in God or a higher power. The practical 12 steps outlined in this book provide a path to lasting recovery that requires no belief in the supernatural.

Blueprint for Progress AI-Anons 4th Step Inventory AI-Anon Family Group Headquarters,

Incorporated Blueprint for Progress: AI-Anon's

Fourth-Step Inventory AI Anon Family Group

Headquarters Alateen's 4th Step Inventory 12-Step

Workbook for Recovering Alcoholics, Including

Powerful 4Th-Step Worksheets 2015 Revised

Edition Balboa Press

Eating Disorders Anonymous: The Story of How We

Recovered from Our Eating Disorders presents the

accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to

recover from their eating disorders. Eating Disorders

Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the “Big Book” in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual solution, and for those who are not and may be more comfortable substituting “higher purpose” for the traditional “Higher Power.” Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder’s story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the “Big Book,” these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find

the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA's approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

Rebellion Dogs Publishing is proud to announce a 21st century daily reflection book. Beyond Belief's 2014 second printing is now available with a Foreword by Ernie Kurtz and updated links and End Notes. What are "agnostic musings"? It is not news to anyone that the war of worldviews makes for sporting debate; does an intervening God grant sobriety, serenity, wisdom and courage or is conscious contact a delusion? Sorry, while we might be as amused as anyone with this question, Beyond Belief: Agnostic Musings for 12 Step Life doesn't enter this debate. Hate the game; don't hate the players. A good idea is a good idea. Why dismiss valid experience because of the beliefs that someone harbors? Beliefs aren't facts. Beyond our belief is where life is happening: chances have to be taken;

processes have to be evaluated; life has to be lived. Atheists, humanists, skeptics and agnostics will feel included in these daily reflections. Believers won't feel mocked or belittled. Everyone in recovery is included. No one needs to adopt the beliefs of someone else nor deny our own beliefs to get clean and sober. Believing and belonging are not synonymous. We are well into Century 21. Anyone should feel free to doubt or believe with impunity. Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms. Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking. I wonder sometimes since there is such talk about God at meetings, what kind of turn-off that must be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K, contributor to AAagnostica.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA

can, and must, adapt to changing circumstances and Bill Wilson was the first one to admit it.

Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others. " Denis K. says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography.

Staying Sober Without God

**12-Step Workbook for Recovering Alcoholics,
Including Powerful 4th-Step Worksheets: 2015
Revised Edition**

**Removing Character Defects - Steps Six and Seven
Partnership With a Higher Power**

Agnostic Musings for 12 Step Life

A Secular Guide to Recovery

12-Step Workbook for Recovering Alcoholics, Including Powerful 4Th-Step Worksheets

“A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery.”
—from the Foreword by Harry Haroutunian, M.D.,
Physician Director, Betty Ford Center *“The Recovery Book is the Bible of recovery. Everything you need to know you will find in here.”* —Neil Scott, host,
Recovery Coast to Coast radio *Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of The Recovery Book features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery*

Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help

yourself. Raising Substance-Free Kids: How to "addiction-proof" your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family's treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness.

www.TheRecoveryBook.com

Doing things our way got us into trouble. Now it is time to develop a relationship with our Higher Power in order to carry out God's will for us. This pamphlet explains the many benefits to us.

Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice--how to do it and why--in a clear, step-by-step presentation. Written by the author of Getting Started in AA, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of "passing it on" from

one generation of sponsors to the next.

This is the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature. Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program.

2015 Revised Edition

A Book of Reflections by A.A. Members for A.A. Members

Recovering from Obsessive Compulsive Disorder

OA Big Book Study Guide

Modern 12 Step Recovery

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

Blueprint for Progress: Al-Anon's Fourth-Step Inventory

Al-Anon's steps, traditions and concepts.

A great book for completing the 12 steps of Alcoholics Anonymous. It includes four simple yet powerful worksheets for doing AA's 4th step and a very simple and powerful approach to Step 7. This revised addition also includes a new appendix describing how the author sponsors newcomers.

"We can find hope from those who have walked this path before us. As we begin to heal from our losses, we in turn offer this same hope to others. Through our willingness to face our loss openly and honestly, we discover our strength and resilience - not despite it, but because of

it"--Publisher.

The basic principles of many of the popular twelve step programs are combined in this book into one easy text, covering problems with: Alcohol Drugs Gambling Anger Food Relapse People, Places, & Things. This book will benefit anyone suffering from these destructive behaviors by using a series of open-ended questions to work the twelve steps of recovery programs.

Big Book Awakening

Twelve Step Sponsorship

Twelve Step Facilitation Therapy Manual

Trauma and the 12 Steps, Revised and Expanded

How to Stop Controlling Others and Start Caring for Yourself

Codependent No More

The Alternative 12 Steps

Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

12 Step Recovery Workbook with space for gratitude list and journal section This is an absolutely priceless tool for giving structure to your daily recovery routine. The cover is a visual

representation of the freedom we receive from 12 step recovery. 8.5 x 11 inches Workbook with questions and prompts for working the 12 steps plus additional space for additional questions suggested by your sponsor. Space to make a gratitude list. 50 blank journal pages. This is a perfect gift to yourself or for a recovering friend or loved one.

Twelve Steps to recovery.

Seventeen years ago, lam was on the verge of either dying or being locked up for a very long time. Instead, he became a very active member of AA and has stayed in the middle of AA ever since and has been sponsoring new members for over sixteen years. He loves AA so much that other members laugh when they hear him sing his favorite jingle: "I am stuck on AA, 'cause AA's stuck on me!" Today, lam lives in southwest Florida with his wonderful Al Anon wife and their happy seven-year-old daughter and delightful eight-month-old baby boy, lam Junior.

The Laundry List

Alateen Talks Back on ...

**The ACoA (Adult Children of Alcoholics) Experience
Drop the Rock**

An Inclusive Guide to Enhancing Recovery

Opening Our Hearts

The Practical 12 Steps to Long-Term Recovery from Alcoholism and Addictions

In 1991, two women were successfully working the 12-Step program... and they were atheists. They knew the program worked, and translated the Steps into secular terms. This ground-breaking

book - as valuable today as it was when it was first written - is their sharing of this secular translation. In The Alternative 12 Steps: A Secular Guide to Recovery, Martha Cleveland and Arlys G. show how the 12-Step program can be interpreted and worked by those who simply do not believe in an interventionist deity. At the same time the authors conscientiously maintain the intention and integrity of the program - its values, scope and depth. A chapter is devoted to each Step. The language is clear, engaging and personal. The Foreword to this Second Edition of the book begins with a striking quote from Chapter Three which captures the essence of both the book and the 12 Steps: "We can learn the universal, generic pattern of life's dance from the 12 Steps. But in our individual dance of life, we choose our own music and dance our own dance." This is a unique, inspiring and helpful book for anyone - regardless of belief or lack of belief - who would like to work the 12 Step program.

Modern 12 Step Recovery is a user-friendly, secular guide to the 12 Step program of Alcoholics Anonymous (AA). This book includes updated Steps, information from science and psychology, and a working guide to the 12 Step program that makes the program welcoming to people of all ages and beliefs. This "modernization" was achieved without making any fundamental

changes to the AA program. Modern 12 Step Recovery is 100% compatible with pursuing a program of recovery within the traditional AA mutual support network. This includes AA meetings, sponsor relationships, and other activities. The information in this book is also relevant to people in recovery from co-dependency (Al-Anon) and other 12 Step-based programs. More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives.

Transforming Our Losses

The Little Red Book

12 Step Workbook

The American Psychiatric Publishing Textbook of Substance Abuse Treatment

Al-Anons 4th Step Inventory

Step Workbook with Writing Prompts and

Questions for Each Step, Space for a Gratitude List and Journal Paper

Twelve Steps and Twelve Traditions Trade Edition