

## Alcoholics Anonymous Big Book

Co-founder Bill W. was keenly aware of the importance of personal stories, writing, “The story section of the Big Book ... is our principal means of identifying with the reader outside of A.A., it is the written equivalent of hearing speakers at an A.A. meeting; it is our show window of the results.” Experience, Strength and Hope offers back to the A.A. Fellowship the candor, wisdom and wit of 56 members whose stories are no longer available in the fourth edition of Alcoholics Anonymous. With each edition, new stories were added to reflect A.A.’s changing membership, while others had to be dropped. Numerous requests from A.A. members led to the publication of this book, where now can be found such classics as “A Feminine Victory,” written by one of A.A.’s very first female members, and “The Car Smasher,” by “A.A. Number 3” — third after the co-founders themselves. A.A. membership continues to grow and change, but the voices contained here will never be outdated. From poignant accounts of sorrow and loss to more raucous tales laced with deprecating humor, this collection of stories offer today’s A.A. members the timeless gift of experience, strength and hope. Experience, Strength and Hope has been approved by the General Service Conference of Alcoholics Anonymous.

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Finally! The book that thousands of alcoholics have been waiting for! An updated version of the "Big Book of Alcoholics Anonymous." This edited revision of the old, basic text is reader-friendly and carries the exact same message as the 1939 version of "Alcoholics Anonymous." It's written in a style that's friendly to readers of any gender, race, or spiritual path. Until now, Bill Wilson's 1939 book has never been edited for modern readers. This book is for: Women who object to the sexist language in the original Big Book. The EZ Big Book is gender neutral. All partners of alcoholics, including gays and lesbians. The EZ Big Book makes no assumption about the genders or marital status of partners. Alcoholics at all reading levels. The language is reader-friendly and journalistic in tone. Readers of any faith, including agnostics. The spiritual references in the book are all-encompassing. Non-English speakers. Readers for whom English is a second language buy the EZ Big Book because the writing is simple and direct. About the Author The author is a retired science and nature writer with double-digit of sobriety. Her last years of drinking took her to emergency rooms several times and finally to rehab.

For members of any twelve-step fellowship, this book provides a simple and clear guide to the instructions for working the steps as outlined in A.A.'s Big Book. It reveals, in easy to understand language, the process for working each step, so

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that the reader can experience the Twelfth Step promise of a spiritual awakening. The basic workbook of the Alcoholics Anonymous, which traces its roots, explores its precepts, and presents stories from participants that demonstrate the program's effectiveness.

Alcoholics Anonymous was founded in 1935 by Bill Wilson and Dr. Bob Smith, who developed the organization's 12-step program. In 1939, they published this volume, which sets forth the cornerstone concepts of recovery and relates stories of those who have overcome alcoholism. A lifeline to millions worldwide, it is the most widely used resource for recovering alcoholics.

Over 2200 of the most difficult words and terms found in the "Big Book" of Alcoholics Anonymous.- Many program topical words included.- Simple phonic pronunciation guides.- Page number references for included words.- Text referenced definitions.- Fits in your Big Book.

Alcohol Explained is the definitive, ground-breaking guide to alcohol and alcohol addiction. It explains how alcohol affects human beings on a chemical, physiological and psychological level, from our first drinks right up to chronic alcoholism. Despite being entirely scientific and factual in nature the book is presented in an accessible and easily understandable format. For those with an alcohol problem it will explain why they have a problem and what they can do

about it. For those who are unsure whether they have a problem or not it provides them with firm guidance. For those who have someone close to them who has an alcohol problem it will help them to understand what that person is going through, how they ended up where they are, and what they can do to help them. However this is not just a book for people with links to problem drinking, it is compulsive reading for anyone who has ever, or will ever, drink an alcoholic drink. How many people have inadvertently drunk too much on occasion? Virtually every drinker on the planet has done that! But how many people have actually stopped to think why? There is in fact a logical, scientific explanation for this phenomenon, it is fully and simply explained in this book. Even for those who have never imbibed alcohol this book provides a fascinating insight into addiction generally and, more specifically, into a substance that has pervaded our society to such a great extent that it is now an integral part of our culture.

The first and only modernization of the "bible" of Alcoholics Anonymous, A Simple Program provides an accessible, gender-equal translation for today's readers while maintaining the book's complete core text, which serves as the basis of all 12-step programs.

The definitive history of writing and producing the "Big Book" of Alcoholics Anonymous, told through extensive access to the group's archives. Alcoholics

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Anonymous is arguably the most significant self-help book published in the twentieth century. Released in 1939, the “Big Book,” as it’s commonly known, has sold an estimated 37 million copies, been translated into seventy languages, and spawned numerous recovery communities around the world while remaining a vibrant plan for recovery from addiction in all its forms for millions of people. While there are many books about A.A. history, most rely on anecdotal stories told well after the fact by Bill Wilson and other early members—accounts that have proved to be woefully inaccurate at times. Writing the Big Book brings exhaustive research, academic discipline, and informed insight to the subject not seen since Ernest Kurtz’s *Not-God*, published forty years ago. Focusing primarily on the eighteen months from October 1937, when a book was first proposed, and April 1939 when Alcoholics Anonymous was published, Schaberg’s history is based on eleven years of research into the wealth of 1930s documents currently preserved in several A.A. archives. Woven together into an exciting narrative, these real-time documents tell an almost week-by-week story of how the book was created, providing more than a few unexpected turns and surprising departures from the hallowed stories that have been so widely circulated about early A.A. history. Fast-paced, engaging, and contrary, *Writing the Big Book* presents a vivid picture of how early A.A. operated and grew and reveals many

previously unreported details about the colorful cast of characters who were responsible for making that group so successful.

ALCOHOLICS ANONYMOUS: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism (also known as the BIG BOOK) describes how to recover from alcoholism. The author is a founder of Alcoholics Anonymous (AA), Bill W. and Dr. Bob. It is the originator of the seminal "twelve-step method" widely used to attempt to treat many addictions, from alcoholism and heroin addiction to marijuana addiction, as well as overeating, sex addiction, gambling addiction, and family members of alcoholics, with a strong spiritual and social emphasis. Alcoholics Anonymous (or the 'Big Book' as it is commonly called). It is the first text written about the experiences of the founders of the AA movement.

### The 12 Steps Unplugged

### Living with Your Higher Power

This book brings together a series of short discussions from various authors who interpret the Twelve Steps. The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism. The steps have also been successfully adapted for use in the treatment of many other dependencies. This book brings together for the first time a series of short

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discussions that interpret each of the Twelve Steps--from the admission of individual powerlessness over alcohol that occurs in Step One, to the moral inventory of Step Four and the spiritual awakening of Step Twelve. Each discussion has a separate author, demonstrating the diversity of voices that is at the heart of AA, and each author provides insights that keep the steps fresh and meaningful, whether they've been read once or a hundred times.

And acceptance is the answer to all my problems... A.A. members know of Dr. Paul's wisdom through the often-quoted passage from his story in A.A.'s Big Book, Alcoholics Anonymous. Dr. Paul continues sharing his astute insight and gentle humor with discussions of the physical, mental, emotional, interpersonal and spiritual aspects of sobriety.

First published in 1939, this resource sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. Known as the "Big Book," the basic text of Alcoholics Anonymous has helped millions of people worldwide get and stay sober since the first edition appeared in 1939. Opening chapters articulate A.A.'s program of recovery from alcoholism — the original Twelve Steps — and recount the personal histories of A.A.'s co-founders, Bill W. and Dr. Bob. In the pages that follow, more than 40 A.A. members share how they stopped drinking and found a new healthier and more serene way of life through the Fellowship of Alcoholics Anonymous. Whether reading passages at meetings, reading privately for personal reflection, or working

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with a sponsor, the Big Book can be a source of inspiration, guidance and comfort on the journey to recovery. This Fourth Edition of Alcoholics Anonymous has been approved by the General Service Conference.

Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. The fourth edition includes twenty-four new stories that provide contemporary sharing for newcomers seeking recovery from alcoholism in A.A. during the early years of the 21st century. Sixteen stories are retained from the third edition, including the "Pioneers of A.A." section, which helps the reader remain linked to A.A.'s historic roots, and shows how early members applied this simple but profound program that helps alcoholics get sober today. Approximately 21 million copies of the first three editions of "Alcoholics Anonymous" have been distributed. It is expected that the new fourth edition will play its part in passing on A.A.'s basic message of recovery. This fourth edition has been approved by the General Service Conference of Alcoholics Anonymous, in the hope that many more may be led toward recovery by reading its explanation of the A.A. program and its varied examples of personal experiences which demonstrate that the A.A. program works.

Alcoholics Anonymous has served as a lifeline to millions worldwide. This special edition contains new, powerful, and inspiring personal stories for 2007.

Twelve Steps to recovery.

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.

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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.

Many thousands have benefited from "The Big Book" and its simple but profound explanation of the doctrines behind Alcoholics Anonymous, which was founded in 1935 by Bill Wilson and Dr. Bob Smith. This original 1939 edition outlines the famous 12 steps, and offers counsel for those who wish to join the program but doubt the existence of a higher power. It also contains encouraging personal stories, in which AA members relate their experiences with alcohol and how they found the path to sobriety. "The Big Book" has gone through numerous editions and remains the most widely used resource for recovering alcoholics. Only this original 1939 edition includes all 29 stories of the program's pioneers, which share the details of their full journey, including initial recovery, sometimes followed by relapse and eventual success. This edition also features the key to the solution claimed by Bill Wilson: a vital spiritual experience that allows followers to rediscover, or discover, God. This realistic portrayal of the program as offered by its founders has been lost in subsequent editions of the work, and is presented here to serve as a reminder that success comes in many forms.

You can't beat the basics in times of trouble. During the the coronavirus pandemic, take a fresh

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look at the twelve steps, and the Big Book's wisdom for healing and hope. A Program for You leads each of us--newcomer or old-timer--to a deeper understanding of recovery as a way of life. A Program for You clears our way for discovering positive, powerful answers to these questions. In the years since 1939, the Big Book, Alcoholics Anonymous, has guided millions in their search for a design for healthy living free of addictive behaviors. Now, two program old-timers share their years of intensive study of the Big Book, revealing the vitality of its message for those of us reading it today. This celebration of the basic text of Twelve Step recovery breathes new life into the Big Book's timeless wisdom. Thoroughly annotated line and page, written with down-to-earth humor and simplicity, and providing a contemporary context for understanding, A Program for You helps us experience the same path of renewal that Bill W. and the first on hundred AA members did.

From Simple But Not Easy For over seventy years the Big Book of Alcoholics Anonymous has offered alcoholics a solution to their chronic, progressive, and fatal illness. This solution cannot be found in fighting or quitting or any other human effort. Many people abstain from alcohol for months, even years, by going to meetings, reciting the steps, and exchanging complaints about their lives with other abstinent people. For these people not drinking is their only goal. But abstinence is only the beginning of recovery. It is the Program of Action, particularly Steps 4 through 9, that brings about a spiritual awakening and recovery." This small book offers newcomers, sponsors, and even long-time members of the AA Fellowship a new tool to identify and understand the basic principles of the Big Book. Once that understanding turns to action taking the 12 Steps a spiritual awakening and true recovery can be achieved by anyone. "

In US of AA, Miller shares the never-before-told story of how in the aftermath of prohibition

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America's top scientists helped launch a movement that would give rise to a multi-million-dollar treatment industry and a new government agency devoted to alcoholism that has made available millions of dollars for research. Despite the fact that this research showed that alcoholism is a complex disease requiring an array of treatment strategies, among which Alcoholics Anonymous (AA) is one of the least effective, money continued to flow to treatment facilities using approaches similar to AA. Five years in the making, his brilliant, in-depth investigative reporting into the history, politics and science of alcoholism will show how AA became our nation's de facto treatment policy, even as evidence for more effective remedies accumulated. US of AA is a character-driven, beautifully written exposé, full of secrecy, irony, liquor industry money, the shrillest of scare tactics and, at its center, a grand deception. In the tradition of Crazy by Pete Earley, and David Goldhill's Catastrophic Care, US of AA shines a much-needed spotlight on the addiction treatment industry. It will forever change the way we think about the entire enterprise.

A recovery basic for over 30 years, this popular meditation book includes daily affirmations on AA philosophy. Popular meditations on A.A. philosophy, written for every day of the year. This effective tool has been a recovery-basic for over 30 years.

A guide to creating miracles in your own life through the power of thought • Offers a concise, clear formula of focused exercises and concrete tools to lay out a specific path to manifest your deepest desires • Presents the first serious reconsideration of New Thought philosophy since the death of William James in 1910 • Draws on the work of New Thought pioneers such as Ralph Waldo Emerson, Napoleon Hill, Neville Goddard, William James, Andrew Jackson Davis, Wallace D. Wattles, and many others Following in the footsteps of a little-known group

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of esoteric seekers from the late-nineteenth century who called themselves “the Miracle Club,” Mitch Horowitz shows that the spiritual “wish fulfillment” practices known as the Law of Attraction, Positive Thinking, “the Secret,” and the Science of Getting Rich actually work. Weaving these ideas together into a concise, clear formula, with real-life examples of success, he reveals how your thoughts can impact reality and make things happen. In this “manual for miracles,” Horowitz explains how we each possess a creative agency to determine and reshape our lives. He shows how thinking in a directed, highly focused, and emotively charged manner expands our capacity to perceive and transform events and allows us to surpass ordinary boundaries of time and physical space. Building on Neville Goddard’s view that the human imagination is God the Creator and Ralph Waldo Emerson’s techniques for attaining personal power, he explores the highest uses of mind-power metaphysics and explains what works and what doesn’t, illuminating why and how events bend to our thoughts. He encourages readers to experiment and find themselves “at the helm of infinite possibilities.” Laying out a specific path to manifest your deepest desires, from wealth and love to happiness and security, Horowitz provides focused exercises and concrete tools for change and looks at ways to get more out of prayer, affirmation, and visualization. He also provides the first serious reconsideration of New Thought philosophy since the death of William James in 1910. He includes crucial insights and effective methods from the movement’s leaders such as Ralph Waldo Emerson, Napoleon Hill, Neville Goddard, William James, Andrew Jackson Davis, Wallace D. Wattles, and many others. Defining a miracle as “circumstances or events that surpass all conventional or natural expectation,” the author invites you to join him in pursuing miracles and achieve power over your own life.

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A 75th anniversary keepsake volume of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. Shrink-wrapped in a vegan-leather hardback casing and slipped into an O-card reminiscent of the book's original 1939 jacket design, this volume is a lifetime keepsake. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

An extraordinary reproduction of the original working manuscript of the Big Book of Alcoholics Anonymous, with an introduction and notes by a panel of celebrated AA historians. The many changes that were made in black, green, and red on each page are shown. An extraordinary reproduction of the original working manuscript of Alcoholics Anonymous, with essays and notes by a panel of celebrated AA historians. *The Book That Started It All* offers fresh insights into the history and foundation of the revolutionary Alcoholics Anonymous program.

Reproduced in this elegant gift edition with essays and notes by a panel of celebrated AA historians, the original working manuscript is the missing link in our understanding of what transpired between AA founder Bill Wilson's first draft of Alcoholics Anonymous and the first published edition. In January 1939, Wilson and other AA founders distributed 400 copies of his typescript to everyone they could think of "who might be concerned with the problem of alcoholism," to test out the program. As the loan copies were returned, suggestions for revision

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were considered and written out in colored pencil on one master copy that was eventually submitted for publication. The many changes made in black, green, and red on page after page are shown here in their original form, revealing the opinions, debates, and discussions that went into making the Big Book.

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.

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 sponsor; provides 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. Basic recovery text for addicts that explains NA's principles and includes members' personal experiences finding NA and living clean.

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Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."

Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease.

ALCOHOLICS ANONYMOUS: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism (generally known as The Big Book) is a 1939 basic text, describing how to recover from alcoholism, written by the founders of Alcoholics Anonymous (AA), Bill W. & Dr. Bob. It is the originator of the seminal "twelve-step method" widely used to attempt to treat many addictions, from alcoholism and heroin addiction to marijuana addiction, as well as overeating, sex addiction, gambling addiction, and family members of alcoholics, with a strong spiritual and social emphasis. It is one of the best-selling books of all time, having sold 30 million copies. In 2011, Time magazine placed the book on its list of the 100 best and most influential books written in English

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since 1923, the beginning of the magazine.

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