## Recovery

Al-Anon's Steps, Traditions and Concepts

## Al-Anon Family Group Head Inc

## Paths to Recovery: Al-Anon's Steps, Traditions and Concepts



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I bought this for someone you care about - at their request I bought this for someone you care about - at their request. If you are miserable and desperate as the dying, and your happiness and well-being are directly contingent upon the attitudes and actions of others, then this book and this program of action it includes may well save your valuable life. Good to apply to your life if you are in a relationship with an alcoholic, or recovering alcoholic. I found realize how common out experiences are forever. A reawakening of dormant fears and occasions came bubbling to the top. Now all their is to accomplish is to share and move forward, healing my heart in order that I am changed positively... It had been their stories coming from memories I hadn't distributed to most people. The work is hard, however, not doing it will be harder. Highly suggest for anyone coping with addiction in family members or close friends, step work is normally never "fun". Came quickly fair cost! If not, this is the 12 stage recovery program for those with family who have problems with addiction. Powerfully helpful For those entering their journey at Al-Anon, this is a must-read. Breaking it down so you don't break down This reached into me when at end of each chapter, members talk about their lives. Five Stars Excellent book! This is an extremely hard book to sort out; a must-have tool This, used in combination with the workbook that goes with it, are invaluable on-hand tools. Life changing As an adult child of an alcoholic, this reserve along with meetings and a sponsor has actually shown me the truth about myself, process my childhood, helped me personally get closer to god, and learn why many of my nearest relationships have been so difficult. It's great for suggestions, understanding how to set and follow through with your personal boundaries, and getting support. It works in the event that you work it. It's great for suggestions In case you are ordering this reserve, you Probably know what you're getting into already. What I wanted. Hard cover. It goes beautifully with the codependent 12 techniques and the Big Publication. Is as it should be. Publication in great condition. I had expected to simply plow through it, but taking each chapter's exercises significantly is offering me some very meaty food for thought and transformation. Four Stars fine Al-anon Very helpful books



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