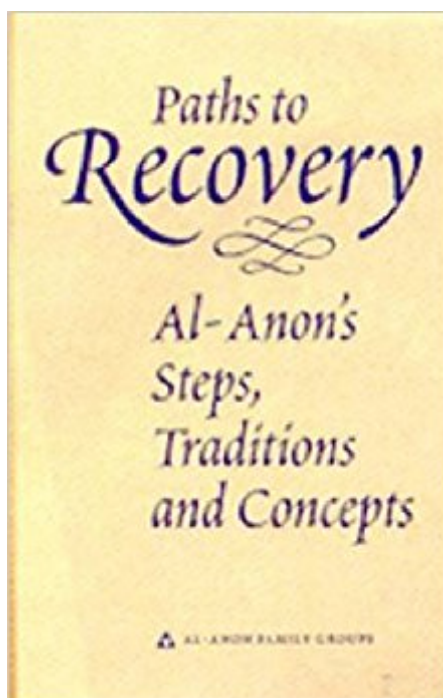


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Paths To Recovery: Al-Anon's Steps, Traditions, And Concepts



Synopsis

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Book Information

Hardcover: 354 pages

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Average Customer Review: 4.7 out of 5 stars 186 customer reviews

Best Sellers Rank: #11,249 in Books (See Top 100 in Books) #12 in Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #17 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #25 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

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This reached into me when at end of each chapter, members talk about their lives. I came to realize how universal our experiences are. It was their stories coming from memories I hadn't shared with most people. A reawakening of dormant fears and events came bubbling to the surface. Now all there is to do is to share and move forward, healing my heart so that I will be changed positively...forever.

Is as it should be. Good to apply to your life if you are in a relationship with an alcoholic, or recovering alcoholic.

This is a really hard book to work through; step work is never "fun". I had expected to just plow through it, but taking each chapter's exercises seriously is giving me some very meaty food for thought and change.

Paths to Recovery is the first book you want to buy if you have a friend or family member with alcoholism past or present. Al-Anon teaches us to live for today and how to take care of ourselves no matter what is going on around us. This book reviews the Twelve Steps, the Twelve Traditions and the Twelve Concepts. A must if you are going to begin your step work in the Al-Anon program.

Great condition. Being used for recovery in Alanon.

Useful 12 step book!

I would recommend this book to anyone, that is seeking a better understanding of a loved one or friend that is living with the disease of alcoholism. To gain a better understanding of ones self also.

Excellent book, great tool to use with program.

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