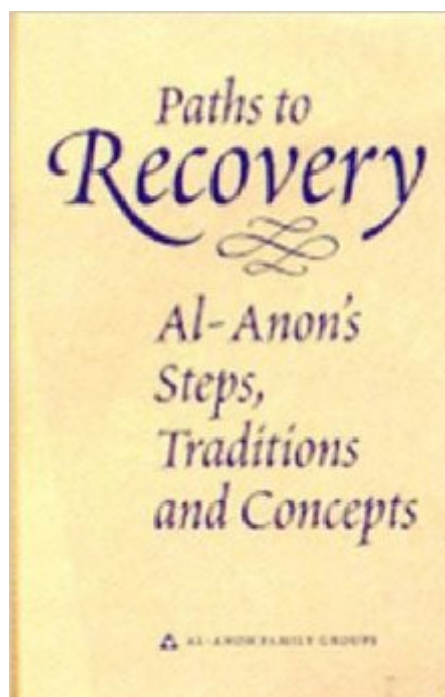


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Paths To Recovery: Al-Anon's Steps, Traditions, And Concepts



Synopsis

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Book Information

Hardcover: 354 pages

Publisher: Al-Anon Family Group Headquarters, Inc. (April 1, 1997)

Language: English

ISBN-10: 0910034311

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Product Dimensions: 8.3 x 5.7 x 1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (158 customer reviews)

Best Sellers Rank: #4,634 in Books (See Top 100 in Books) #3 inÂ Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare #5 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #9 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

Customer Reviews

You want recovery? Work the Steps and Traditions. This is the book that will help you do it if you have been affected by someone else's drinking, thinking and/or behavior. As one other reviewer has already stated, if I could have only one Al-Anon book, this would be it. This book is truly a blessing.

I am the soul non-alcoholic/addict in a group home for recovering homeless veterans, and I joined Al-Anon to get better acquainted with what my fellow housemates are going through. This book has been instrumental in that understanding PLUS it's a good book to follow for just ordinary life's trials and tribulations. I highly recommend this book to anyone looking to improved their outlook in life and how to live it.

Pathways to Recovery is an excellent book for recovery from living with an Alcoholic or just help with having healthy relationships.

This very easy to understand book helps the families and friends of alcoholics come to grips with the fact that alcoholism is a disease and not a character defect. It is a 12 step program and has true

stories told by Al-Anon members after each of the steps and traditions addressed. Members use this book in meetings where "principles are put above personalities" and anonymity makes "it a safe place to be". I was excited to receive this useful book that describes how the families and friends of alcoholics can have a program of recovery for themselves. Excellent handbook that can be used over and over.

If you are working the steps, this book is a great guide. It offers Insight on the steps, members Experience, Strength and Hope, and some guiding questions.

i used to be a serious al-anon member, and attended a couple of meetings that read from this book weekly. it was definitely the "cool" book to work from, though the reality, i found, was that it was clunky, too long, and too intellectualized. also, although it's politically incorrect to say, a third of the book is devoted to studying the "12 concepts of service," which, let's face it, basically no one takes seriously. so that's 90+ wasted pages.meanwhile, recently i re-read this book again, because i'm doing a project on al-anon, and i found that my opinion hadn't really changed. it's still just a three-star book.so i'd say this instead: if you're really into al-anon, and want to get something more useful from the literature, buy the "courage to change" (which has much more RELEVANT and concise info on the steps and traditions). and if you want a decent al-anon workbook i'd ignore this book and get the "blueprint for progress."

If you are wanting a guide to working the Twelve Steps of Al-Anon, Paths to Recovery is a great book to use. Caution! Don't do it alone! In Al-Anon we recommend you work the Steps with a Sponsor. Our minds are a dangerous place, having been diseased by Alcoholism, and is a very dangerous place to go alone. We come to Al-Anon, usually, after having tried every thing else to get our loved ones clean and sober, and feel we have failed. We haven't! We didn't cause it; we can't cure it; and we can't control it! Those are the Three C's of Al-Anon. We need help and support, especially when working the Steps. Get the Book; Get a Sponsor; Go to meetings. Then you will definately be on the "Path to Recovery"...thanks John B.

This book is a treasure to have, and is an excellent book for anyone who is folling the Alanon program.

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