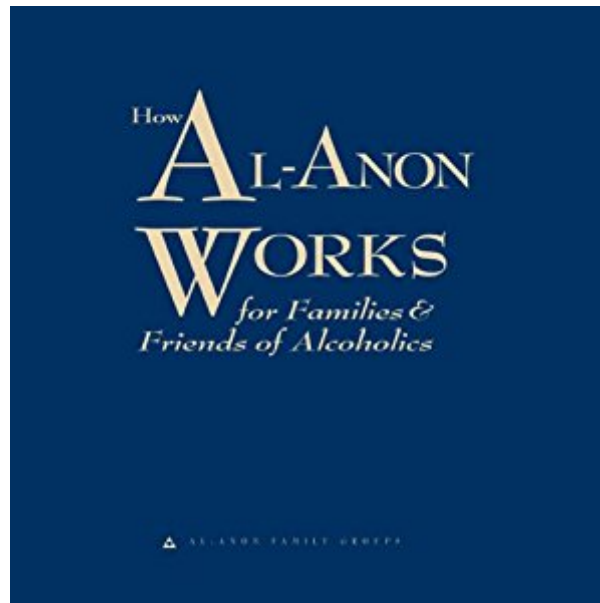




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How Al-Anon Works For Families And Friends Of Alcoholics



Synopsis

Al-Anon's basic book discusses the mutual-help program of recovery, including personal stories. A beginning approach to the Twelve Concepts of Service is included.

Book Information

Audible Audio Edition

Listening Length: 16 hours & 20 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Al-Anon Family Group Headquarters, Inc.

Audible.com Release Date: September 13, 2013

Language: English

ASIN: B00EQ8EBHK

Best Sellers Rank: #74 in Books > Health, Fitness & Dieting > Addiction & Recovery >

Alcoholism #561 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #3882

in Books > Self-Help

Customer Reviews

As a recovering alcoholic, I feel that I now have a better understanding of how alcoholism effects friends and family. This book is certainly worth reading if you have been impacted by alcoholism in any way. I am certain it will aid in my continuing recovery.

Al-Anon... for families and friends of alcoholicsstarted by wives is men who started AA....This is core book, like the Big Book is in AA or The Big Red Book is for Children of Alcoholics and Other Dysfunctional Families.... Whether it involved alcohol or not few had childhoods or marriages without scars, so much to learn about ourselves in these books.

A very easy to read and understand book about the effects of alcoholism. Many suggestions on how to improve life

The best and only book that had helped me, and is helping me daily, the changes that I've experience and experiencing are life changes. I'm also reading The Courage To Change and One Day At A Time. I'm so very grateful to all who had put together these three awesome books. Thank you.

This is where to start when you are looking for information and help from Al-Anon. The book does not replace going to meetings but it helps explain everything and with every reading you take a little bit more away. Be sure to read the personal stories in the back.

Very insightful. Clear descriptions and testimonies.

Comprehensive guide for understanding what Al-Anon is and what Al-Anon can do for families. Written in plain, understandable language. No treatment talk. Written by Al-Anon members for those suffering from the chaotic life style which comes from living with alcoholism. Clearly described my feelings! Shared stories of what works for members when their lives are chaotic.

great book, I love reading it on my Kindle.

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