

Alcoholics Anonymous Big Book Chapter Summaries

Twenty-Four Hours a Day
This Mitchell and Webb Book
Ebby
Doctor Bob's Story
Practice These Principles
Alcoholics Anonymous
Alcoholics Anonymous
The Master and Margarita
A Simple Program
Alcoholics Anonymous
The Recovering Alcoholic
The Big Book and a Study Guide of the 12 Steps of AA
Getting Started in AA
The Steps We Took
The Book That Started It All
A Twelve Step Journey to Self Transformation
A Secular Sobriety
Daily Reflections
12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018 Revised Edition
As Bill Sees it
The Federalist Papers
More About Alcoholism
The F*ck It Diet
Alcoholics Anonymous - Universal Edition
The Little Red Book
Accounting 1-26 and Integrator CDT
Twelve Steps and Twelve Traditions Trade Edition
Living Sober Trade Edition
Codependence
Working With Others
Staring Down the Wolf
The 12 Steps Unplugged
A New Pair of Glasses
Twenty-Four Hours a Day
Infinite Jest
Big Book Study Guides for AA
Alcoholics Anonymous
Not God
The Language of the Heart
Aa Big Book

Twenty-Four Hours a Day

This Mitchell and Webb Book

Twelve Steps to recovery.

Ebby

I first read Mikhail Bulgakov's *The Master and Margarita* on a balcony of the Hotel Metropole in Saigon on three summer evenings in 1971. The tropical air was heavy and full of the smells of cordite and motorcycle exhaust and rotting fish and wood-fire stoves, and the horizon flared ambiguously, perhaps from heat lightning, perhaps from bombs. Later each night, as was my custom, I would wander out into the steamy back alleys of the city, where no one ever seemed to sleep, and crouch in doorways with the people and listen to the stories of their culture and their ancestors and their ongoing lives. Bulgakov taught me to hear something in those stories that I had not yet clearly heard. One could call it, in terms that would soon thereafter gain wide currency, "magical realism". The deadpan mix of the fantastic and the realistic was at the heart of the Vietnamese mythos. It is at the heart of the present zeitgeist. And it was not invented by Gabriel Garcia Marquez, as wonderful as his *One Hundred Years of Solitude* is. Garcia Marquez's landmark work of magical realism was predated by nearly three decades by Bulgakov's brilliant masterpiece of a novel. That summer in Saigon a vodka-swilling, talking black cat, a coven of beautiful naked witches, Pontius Pilate, and a whole cast of benighted writers of Stalinist Moscow and Satan himself all took up permanent residence in my creative unconscious. Their presence, perhaps more than anything else from the realm of literature, has helped shape the work I am most proud of. I'm often asked for a list of favorite authors. Here is my advice. Read Bulgakov. Look around you at the new century. He will show you things you need to see.

Doctor Bob's Story

A 75th anniversary e-book version 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. 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.

Practice These Principles

The Big Book of Alcoholics Anonymous and Twelve Step Programs across the world have helped millions of people recover from addictions. This study guide focuses on MORE ABOUT ALCOHOLISM. The introduction delves into what the solution is for alcoholics and drug addicts by examining the chapter out of the Big Book of A.A, More About Alcoholism. Chapter Two is the chapter, More About Alcoholism from the Big Book of A.A. Chapter Three breaks down the history of The Big book of A.A. Chapter Four illustrates the main points. Chapter Five is a Study Guide. Chapter Six is Study Guide Two and offers some of the Twelve Steps that apply. Chapter Seven offers the readers even more solutions to apply by finding or starting meetings of their own. This book can be used in Drug and Alcohol Treatment centers, Institutions, Twelve Step Group Meetings and for those seeking to recover from addiction from home. Please Note: for the kindle version of this book you will need the Big Book of Alcoholics Anonymous for the Study Guide Sections.

Alcoholics Anonymous

Alcoholics Anonymous

A Twelve Step Journey to SELF-transformation is the true story of two men whose paths crossed and whose lives were changed forever after. The authors reveal how they reached all four levels of healing that Bill W. spoke of: spiritual sobriety, mental sobriety, physical sobriety, and emotional sobriety.

The Master and Margarita

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.

A Simple Program

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do.

Alcoholics Anonymous

The Recovering Alcoholic

Twenty Four Hours a Day Softcover (24 Hours)

The Big Book and a Study Guide of the 12 Steps of AA

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.

Getting Started in AA

"The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter." –Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom*" From comedian and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power **DIETING DOESN'T WORK** Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what's wrong with us. Why can't we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it's time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn't even working. So

fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the *F*ck It Diet*. Let's Eat.

The Steps We Took

The Big Book of Alcoholics Anonymous and Twelve Step Programs across the world have helped millions of people recover from addictions. This study guide focuses on WORKING WITH OTHERS. The introduction dives into what the solution is for alcoholics and drug addicts by examining the chapter out of the Big Book of A.A, Working With Others. Chapter Two is Working With Others from the Big Book of A.A. Chapter Three breaks down the history of Working With Others. Chapter Four illustrates the main points. Chapter Five is a Study Guide. Chapter Six is Study Guide Two and offers some of the Twelve Steps that apply. Chapter Seven offers the readers even more solutions to apply by finding or starting meetings of their own. This book can be used in Drug and Alcohol Treatment centers, Institutions, Twelve Step Group Meetings and for those seeking to recover from addiction from home.

The Book That Started It All

A Twelve Step Journey to Self Transformation

Most of us in long-term recovery know the Steps so well that we could easily rattle them off from memory, wrapping up our recitation with the familiar and practice these principles in all our affairs. But what are these principles? Exactly what principles are the Steps calling us to practice? Which principles do we practice when working a particular Step? Faced with any number of situations in our daily affairs, how readily do we discern the principles involved, and how well then do we live them out? In AA practicing these principles is the fulfillment of the 12 Steps. It is the programs prescription for the good life, a life of spiritual growth and emotional sobriety that we share with our fellows, helping to bring healing to the alcoholic and to others who suffer in our midst. Yet, though crucial to recovery, many of us are not really sure what these principles are, and their connection to the Steps remains a gray area, in AA and probably in other fellowships as well. This uncertainty spills over into another and related gray area: the relationship between the spiritual, the moral, and the emotional in recovery, and how these are tied to

character growth. Because these links too are unclear, emotional sobriety remains a distant and elusive goal for many of us long after we have stopped drinking. We may be sober (or clean, or otherwise abstinent), but our lives are at best manageable and tolerable sometimes not even that. Practice These Principles brings clarity to the relationship between Steps and principles, offering a comprehensive understanding of what these principles are and how we can practice them in our daily affairs. Its purpose is to help us work the Steps in all their fullness so that we can grow in character, achieve spiritual and emotional healing, and see the Promises fulfilled at last in a life that is happy, joyous, and free. - From the back cover

A Secular Sobriety

In this straightforward and funny guide, John R. interprets the philosophies and stories of the Big Book for young people. Like many alcoholics and addicts, when John R. began his recovery at age seventeen, he was given a Big Book. At first he was reluctant to wade through the old-fashioned language and the stories about people he didn't think he could relate to. But, over time, he realized that the best way to get sober--and to stay sober--is to learn from those who have gone before us. And so he read Alcoholics Anonymous and took the first step toward changing his life. Today, with more than twenty years of sobriety, John is an adolescent chemical dependency counselor, showing addicts how the core messages of AA are as powerful and relevant to them as they have been to the millions of others who have gotten help for addiction over the years. With *The 12 Steps Unplugged*, he makes the Twelve Steps accessible to all of us. In this simple and often funny guide, he interprets the philosophies and stories of the Big Book in straightforward language that speaks to regular people. John will help you connect with the basic messages of getting honest with yourself, accepting the help of others, and finding a relevant spiritual support. Through *The 12 Steps Unplugged*, you'll discover just how universal the AA program really is.

Daily Reflections

This book introduces readers to all of the key financial and management accounting concepts. It motivates learners by familiarizing them with the accounting issues facing companies such as Target, Nantucket Nectars, Teva, Oracle, and a variety of companies doing e-Business. Users can assess their understanding of chapter topics with "CyberCoach" and "Starter Exercise" features, "Working It Out" problems, and unique "Concept Links." For individuals preparing for a career in accounting.

12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets, 2018 Revised Edition

Language of the Heart contains all of AA cofounder Bill W.'s Grapevine, including a vivid description of how he came to organize the Steps.

As Bill Sees it

A great book for completing the 12 steps of Alcoholics Anonymous. It includes four simple yet powerful worksheets for doing AA's 4th step and a very simple and powerful approach to Step 7. This revised addition also includes a new appendix describing how the author sponsors newcomers.

The Federalist Papers

A leadership book by former Navy SEAL and New York Times bestselling author Mark Divine, *Staring Down the Wolf* focuses on harnessing the principles of purpose and discipline in life to achieve success. What does it take to command a team of elite individuals? It requires a commitment to seven key principles: Courage, Trust, Respect, Growth, Excellence, Resiliency, and Alignment. All of these are present in an elite team which commits to them deeply in order to forge the character worthy of uncommon success. Retired Navy SEAL Commander, entrepreneur and New York Times bestselling author Mark Divine (founder of SEALFIT, NavySeal.com, and Unbeatable Mind) reveals what makes the culture of an elite team, and how to get your own team to commit to serve at an elite level. Using principles he learned on the battlefield, training SEALs, and in his own entrepreneurial and growth company ventures, Mark knows what it is to lead elite teams, and how easily the team can fail by breaching these commitments. Elite teams challenge themselves to step up everyday to do the uncommon. Developing the principles yourself and aligning your team around these commitments will allow you to thrive in VUCA (volatility, uncertainty, complexity, ambiguity) environments, no matter your background or leadership experience. Drawing from his twenty years leading SEALs, and twenty five years of success and failure in entrepreneurship and ten years coaching corporate clients, Mark Divine shares a very unique perspective that will allow you to unlock the tremendous power of your team. "Mark Divine has a gift for creating highly effective dynamic teams. Mark interleaves key aspects of leadership, mental toughness, resiliency and cultivating higher plains of existence into a foundational concept of being an authentic 'Leader of leaders.' This book is indispensable for anyone looking to lead, build and foster an elite culture." -Mike Magaraci, retired Force Master Chief of Naval Special Warfare "From his time as a Commander in the SEAL Teams to building several successful multimillion dollar businesses, Mark Divine is an authority on building elite teams and leaders capable of tapping their fullest potential." -David Goggins, Retired Navy SEAL, author of New York Times Bestseller *Can't Hurt Me* "To grow to your fullest capacity in your life and as a leader, we need to challenge ourselves. There's no one I know who's challenged himself more than Mark Divine. He's the perfect visionary to help get you out of your comfort zone and shattering the status quo." -Joe De Sena, Founder and CEO of Spartan

More About Alcoholism

Two Study Guides For the Big Book of Alcoholics Anonymous The first study guide has a summary of each book and then hundreds of follow up questions to answer and add sobriety notes. Can be used alone and in group meetings. The Dr.'s Opinion, More About Alcoholism, A Vision for You and all the rest are included. The second study guide is a smaller week by week exercise guide that is suited for group meetings. Can also be used for Narcotics Anonymous, Overeaters Anonymous and other Twelve Step Groups.

The F*ck It Diet

Codependence: The Dance of Wounded Souls has been called "one of the truly transformational works of our time" - and its author Robert Burney referred to as "a metaphysical Stephen Hawking." A therapist and Spiritual Teacher whose work has been compared to John Bradshaw's "except much more spiritual" and described as "taking inner child healing to a new level" - Robert postulates in his book that Codependence (i.e. outer or external dependence) has been the Human Condition. He believes that we have now entered a new Age of Healing and Joy in which it is possible to heal the planet through healing our relationships with self. The author combines Twelve Step Recovery Principles, Metaphysical Truth, and Native American Spirituality with quantum physics and molecular biology in presenting his belief that we are all connected, we are all extensions of the Divine, and that ultimately Love is our True essence. He considers spirituality to be a word that describes one's relationship with life - and anyone (who is not completely closed minded) can apply the approach he shares in this book to help them transform their experience of life into an easier, more Loving and enjoyable journey.

Alcoholics Anonymous - Universal Edition

A Secular Sobriety will help alcoholics and addicts to understand the fellowship and program of Alcoholics Anonymous "without having to accept anyone else's beliefs or having to deny their own." It includes a secular and non-sexist version of the first 164 pages of the Big Book bringing a 78 year old text into the 21st century. A Secular Sobriety brings truth to AA's claim to be "spiritual, but not religious." The author offers insightful commentary regarding AA's fellowship, program, organization and its primary text. Succeeding over the misery of addiction is within the reach of any person regardless of personal beliefs. There is no reason for religious conversion to be a part of any 12 Step program.

The Little Red Book

This is the Big Book of Alcoholics Anonymous, 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 treat addictions that range from alcoholism, heroin, meth and marijuana addiction, as well as overeating, sex addiction and gambling addiction. Also included: A current 200 page study guide for the 12 Steps of Alcoholics Anonymous. There are hundreds of questions to answer for The Doctor's Opinion, Bill's Story, The is a Solution, More About Alcoholism and the rest. Summaries and main point for each chapter are also included.

Accounting 1-26 and Integrator CD

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 show. 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 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.

Twelve Steps and Twelve Traditions Trade Edition

2011 Reprint of 1954 Edition. Richard Walker, the author of this work, is the second most popular Twelve Step recovery author in total sales, after Bill Wilson. Walker has helped untold numbers of alcoholics through his writings. "Twenty-Four Hours a Day" is a book of meditation, thought, and prayer that is soul inspiring, spiritually uplifting, and filled with sage words of wisdom. While geared toward members of Alcoholics Anonymous to help them in their daily program of recovery, the book has much to offer any individual who is working on self-improvement and personal growth, and who is searching for spiritual uplifting and guidance. The book is divided into the 365 days of the calendar year, offering a thought, meditation, and related short prayer on each day. Much of the material is based on the Big Book and other A.A. literature. A classic work.

Living Sober Trade Edition

Classic Books Library presents this brand new edition of "The Federalist Papers", a collection of separate essays and articles compiled in 1788 by Alexander Hamilton. Following the United States Declaration of Independence in 1776, the governing doctrines and policies of the States lacked cohesion. "The Federalist", as it was previously known, was constructed by American statesman Alexander Hamilton, and was intended to catalyse the ratification of the United States Constitution. Hamilton recruited fellow statesmen James Madison Jr., and John Jay to write papers for the compendium, and the three are known as some of the Founding Fathers of the United States. Alexander Hamilton (c. 1755–1804) was an American lawyer, journalist and highly influential government official. He also served as a Senior Officer in the Army between 1799-1800 and founded the Federalist Party, the system that governed the nation's finances. His contributions to the Constitution and leadership made a significant and lasting impact on the early development of the nation of the United States.

Codependence

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."

Working With Others

This volume - a probing ethnographic study of the process of recovery from alcoholism - is the first sustained, in-depth analysis of the lived experiences of the recovering alcoholic. Drawing on many case studies and extensive personal experience, Denzin investigates and analyzes the phenomenology of drinking and alcoholism. He considers: the factors which make alcoholics seek treatment; the social stigmas which face the recovering alcoholic; and other difficulties which hinder the recovery process. He also outlines the ways in which groups like Alcoholics Anonymous are effective.

Staring Down the Wolf

A fascinating, account of the discovery and program of Alcoholics Anonymous, Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of AA's early figures. The most complete history of A.A. ever written. Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of A.A.'s early figures. A fascinating, fast-moving, and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

The 12 Steps Unplugged

A handbook for newcomers to Alcoholics Anonymous providing program principles and historical references.

A New Pair of Glasses

This is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as "my sponsor." In 1934, Ebby Thatcher called an old drinking buddy to tell him about the happiness he was finding in sobriety. His friend's name was Bill Wilson, and this book is the story of their life-long friendship. It is both a fascinating history of the formative years of Alcoholics Anonymous, as well as the bitter-sweet tale of the troubled man Bill W. always referred to as "my sponsor." "Deeply informative and moving, a valuable contribution to the history of A.A. A 'must' reading for anyone interested in one of the more fascinating chapters in A.A.'s history."--Nell Wing, Retired A.A. Archivist and Bill Wilson's Secretary

Twenty-Four Hours a Day

The Big Book of Alcoholics Anonymous and Twelve Step Programs across the world have helped millions of people recover from addictions. This study guide focuses

on DOCTOR BOB'S NIGHTMARE. The introduction delves into what the solution is for alcoholics and drug addicts by examining the chapter out of the Big Book of A.A., Doctor Bob's Nightmare. Chapter Two is "Doctor Bob's Nightmare" from the Big Book of Alcoholics Anonymous. Chapter Three breaks down the history of The Big book of A.A. Chapter Four illustrates the main points. Chapter Five is a Study Guide. Chapter Six is Study Guide Two and offers some of the Twelve Steps that apply. Chapter Seven offers the readers even more solutions to apply by finding or starting meetings of their own. This book can be used in Drug and Alcohol Treatment centers, Institutions, Twelve Step Group Meetings and for those seeking to recover from addiction from home.

Infinite Jest

Humour.

Big Book Study Guides for AA

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.

Alcoholics Anonymous

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. 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.

Not God

An annotation is a critical or explanatory note inserted into text to better clarify meaning. We began this process to help expand on the meaning of the A.A. Big Book. The process led us to other AA literature and our thought was simple—what better annotation is there than the Daily Reflections? This cross reference from the AA Big Book to the Daily Reflections allows readers to easily expand their

understanding of the Big Book by referencing the well-respected Daily Reflections. This book is a combination of AA approved literature and we believe adds value to students of AA.

The Language of the Heart

The director of an addiction treatment center for more than four decades, Joe McQ has become an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous and since adopted by dozens of recovery groups. In *The Steps We Took*, Joe offers countless analogies, insights, explanations and elucidations of these principles, drawing from his own recovery experience and those of the hundreds he has helped. The title, taken from the words spoken at .

Aa Big Book

Many individuals have difficulty with the religious tone of the "Big Book" of Alcoholics Anonymous. This new version, by author Archer Voxx, is now available for these people. The Universal Edition consists of key chapters of the Big Book without the religious emphasis. All of the content of the Universal Edition is the same as the original Big Book, except that it is neutral from the standpoint of personal beliefs. The Universal Edition is completely compatible with all AA recovery work including meetings, sponsorship, and related activities. This is not a publication of Alcoholics Anonymous World Services.

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