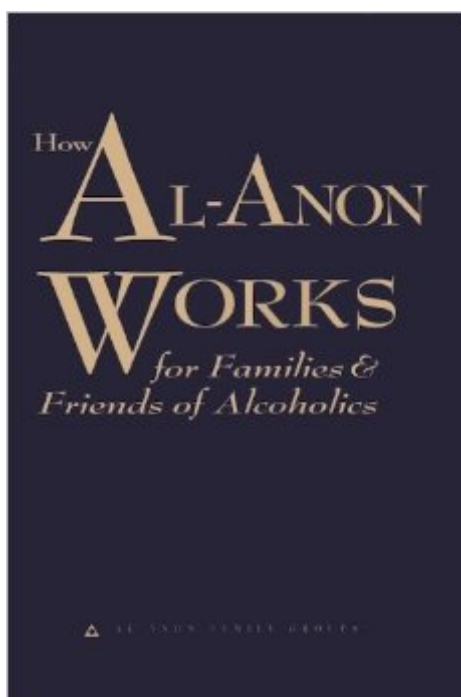


The book was found

How Al-Anon Works For Families & 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. Indexed. 406 pages.

Book Information

Paperback: 406 pages

Publisher: Al-Anon Family Groups; Later Printing Used edition (2008)

Language: English

ISBN-10: 0981501788

ISBN-13: 978-0981501789

Product Dimensions: 7.8 x 5.3 x 1.2 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (146 customer reviews)

Best Sellers Rank: #13,819 in Books (See Top 100 in Books) #96 in Â Books > Health, Fitness & Dieting > Addiction & Recovery

Customer Reviews

This book, "How Al-anon Works for Families & Friends of Alcoholics," is a terrific one for anyone who has been affected by the disease call "Alcoholism." There are parts of the book which explains what Alcoholism is as a disease and helps you get a clear perspective of how it affects you & other family members/love ones. It also helps you see the role you play in the family disease. Thus, helping you as it did for me, to utilize specific tools such as the Serenity Prayer, Slogans, Steps & others in this book to help you change any unhealthy attitudes/behaviors you may have as a result of being affected/growing up in this family disease. There are also real experiences/stories written by Al-anon members who have been affected by this disease of Alcoholism & whom also share the incredible hope & strength they gained as a result of being a member of Al-anon Mainly, 'the part you play in the family disease of alcholism," as we learn from this book, is about taking alook at your own personal involvement in this family disease. In this way, you are able to recognize what you need to change. You may need to stop being a "fixer," trying to fix the alcoholic or other love ones and, instead, be "supportive." You may need to stop being the "enabler," or doing for the alcoholic and/or other love ones what they should be doing for themselves & allow learning from natural consequences. In making such changes(by "letting go"), you can help the alcoholic love one towards getting the help he or she needs. This does not mean in anyway that you stop caring about what happens to him or her but allow learning from natural consequences. You will learn not to fear,

nag, scold or judge the alcoholic & others but to love more!

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