

Drop The Rock Hazelden

A second edition (with 44 new prayers) of the best-selling book of prayers and inspirations for those seeking just the right words for conversing with their Higher Power or for expressing their innermost thoughts and feelings. Wherever you are on your recovery journey, and however you define your Higher Power, you will find spiritual support in this special collection of prayers and inspirational readings. This second edition of The 12 Step Prayer Book features 183 passages gleaned from Twelve Step meetings and adapted from common prayers and devotions. It includes: --44 new prayers and readings --a guide for daily reading --traditional and best-loved recovery prayers, and --Step and meeting prayers. This book is an excellent accompaniment to Easy Does It: A Book of Daily Twelve Step Meditations.

This male perspective on the Twelve Step program offers insight into the unique needs of men through articles, reflections, and affirmations. This male perspective on the Twelve Step program offers insight into the unique needs of men through articles, reflections, and affirmations. It presents workable examples and ideas for positive personal and spiritual growth.

With Practicing the Here and Now: Being Intentional with Step 11, you'll learn to use prayer and meditation to work all the steps, so you can make contact with the Higher Power in a way that is yours and yours alone. Step Eleven Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working—and living—this vital recovery “maintenance Step” doesn't have to be as challenging as commonly thought. With Practicing the Here and Now, you'll find guidance on using prayer and meditation to help you be present throughout each day, staying in contact with your Higher Power for ongoing inspiration and sustenance. By opening the connection to your Higher Power with what Herb K. calls “Intentional Consciousness,” prayer and meditation can help you fully experience the cumulative power of the Twelve Steps to deepen and sustain your recovery journey.

Night Light's quotations, reflections, and simple prayers ease the loneliness, fear, and anxiety that can burden our nights so we can wake up and meet each new day refreshed and inspired. Remember how comforting it felt, as a child, to fall asleep with a night-light glowing in the dark? Our Night Light is a collection of meditations that helps us remember how our Higher Power is like a comforting, ever-present light in our lives. These nightly readings can help us learn to trust the spiritual light within us for strength, comfort, and guidance.

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 sponsorprovides in-depth discussions of each of the Twelve Steps and related character defectsposes common questions about AA and helping others, identifying where to find answers in the Big Bookfeatures non-sexist language.

Speaking thoughtfully to those recovering from substance abuse and addiction, God Grant Me offers a daily dose of strength and wisdom with each of its meditations. The journey of recovery is inspired by insight, prayer, and continuous renewal. After years of reflection on the themes they presented in their first collection of readings, with this follow-up the authors of the bestselling meditation book Keep It Simple build upon incorporating Twelve Step practices into their daily lives. These readings present the recovery wisdom of Alcoholics Anonymous, Narcotics Anonymous, and other Twelve Step programs, supporting readers in the process of developing a regular therapeutic practice of mindfulness, community, and inspiration. Overcoming addiction requires connecting with the things that define a life of health and wellness—introspection, spirituality, daily support, and fellowship. God Grant Me is a dependable companion that gives guidance and inspiration for new beginnings and a sustained sober life.

Since 1954, Twenty-Four Hours a Day has become a stable force in the recovery of many alcoholics throughout the world. With over six and a half million copies in print it offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives. It is a simple, yet effective way to help us relate the Twelve Steps to everyday life and helps us find the power not to take that first drink each day.

Paul Williams is an alcoholic. Tracey Jackson is not. But together, these two close friends have written Gratitude and Trust, a book designed to apply the principles of the recovery movement to the countless people who are not addicts but nevertheless need effective help with their difficulties and pain. Williams, the award-winning songwriter, actor, and performer, has embraced a traditional alcoholism recovery plan for more than two decades of sobriety. Jackson, a well-known TV and film writer—and veteran of many years of traditional therapy—has never been a drunk or a drug abuser, but she realized that many of the tenets of Williams's program could apply to her. In Gratitude and Trust, Williams and Jackson ask: What happens to those who struggle with vexing problems yet are not full-blown addicts? Are there any lessons to be learned from the foundational and time-tested principles of the recovery movement? Whether you're tethered to your phone or you turn to food for comfort; whether you're a perfectionist and can't let things go or are too afraid to fail to even try; whether you can find intimacy only on the Internet or you've been involved in a string of nasty relationships—the first step toward feeling better about yourself and your life is the realization that you are what's standing in your way. Williams and Jackson have designed a new, positive program, based on a half-dozen new affirmations, that can help conquer your vices, address personal dysfunction, and start to brighten the darkest moods. Gratitude and Trust is an essential,

inspirational, and uplifting guide to identifying and changing maladaptive behaviors in order to uncover your most productive, healthiest self.

Living the Twelve Traditions In Today's World

A dependable companion for people in all stages of recovery, *Keep It Simple's* meditations bring you back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of Alcoholics Anonymous, Narcotics Anonymous, and other programs. By providing a year's worth of encouragement, reflection, and prayer, *Keep It Simple* becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

This book brings together a series of short discussions from various authors who interpret the Twelve Steps. The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism. The steps have also been successfully adapted for use in the treatment of many other dependencies. This book brings together for the first time a series of short discussions that interpret each of the Twelve Steps—from the admission of individual powerlessness over alcohol that occurs in Step One, to the moral inventory of Step Four and the spiritual awakening of Step Twelve. Each discussion has a separate author, demonstrating the diversity of voices that is at the heart of AA, and each author provides insights that keep the steps fresh and meaningful, whether they've been read once or a hundred times.

With millions of copies sold, these inspirational daily meditations speak to the common experiences, shared struggles, and unique strengths of women in recovery from all addictions. Discover why *Each Day a New Beginning* has become a classic for recovering women everywhere. Beloved author Karen Casey shares wisdom on spirituality, acceptance, self-esteem, relationships, perfectionism, the importance of connecting with other women, and many other topics essential for continued sobriety and personal growth. These daily meditations begin with quotations from exceptional and diverse women from around the world and end with actionable affirmations for the twenty-four hours ahead. In this perfect companion for AA, NA, and other Twelve Step programs, all recovering women will find messages that inspire them to live their best lives.

Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words.

Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women—from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings—*A Woman's Way* through the Twelve Steps focuses directly on the feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience—empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

An inspiring collection of meditations, prayers, and insights designed to facilitate the weekly practice of the 11th step, heightening our conscious contact with God as we understand him. Each year, hundreds of men and women cross the threshold of the Wolfe Street Center in Little Rock, Arkansas. Many of them attend the "Hour of Power," a weekly Sunday morning meeting focused on heightening one's spiritual awareness and growth by focusing on the Eleventh Step of Alcoholics Anonymous: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." This special book, designed for weekly study, offers a prayer, a meditation, and related insights from the discussions that emerged during the "Hour of Power." *Sought Through Prayer and Meditation* brings the insights of the collective consciousness of the Wolfe Street groups to recovering people everywhere. This book reminds us that if we are vigilant in our spiritual pursuit, we may well achieve what is promised: "a glimpse of that ultimate reality which is God's kingdom." (Geno W.)

Purchase the *Drop the Rock* bundle and get two of the best-selling, most read recovery resources together. *Drop the Rock: Removing Character Defects, Steps 6 and 7* Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section. *Drop the Rock--the Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* In this follow-up to *Drop the Rock: Removing Character Defects*, Fred H. explores "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day to avoid picking up "the rock"--also known as resentment, fear, and self-pity--again. Drawing on his years of lecturing on the *Big Book of Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*, Fred H. reveals Step 10 as the natural culmination of working the previous Steps, providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles.

A Good First Step

Twenty Four Hours a Day Softcover (24 Hours)

Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When Drop the Rock: Removing Character Defects was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps.

For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. Easy Does It provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will disable any trauma, loneliness, or emotional pains in your recovery. Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. Easy Does It, written by the authors of The Twelve-Step Prayer Book, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. These aren't simple buzzwords: they are the birthplace of your day's spirit. One simple thought can change your day. Make yours serene. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. Is someone else's problem your problem? If, like so many others, you've lost sight of your own life in the drama of tending to someone else's, you may be codependent--and you may find yourself in this book--Codependent No More. The healing touchstone of millions, this modern classic by one of America's best-loved and most inspirational authors holds the key to understanding codependency and to unlocking its stultifying hold on your life. With instructive life stories, personal reflections, exercises, and self-tests, Codependent No More is a simple, straightforward, readable map of the perplexing world of codependency--charting the path to freedom and a lifetime of healing, hope, and happiness. Melody Beattie is the author of Beyond Codependency, The Language of Letting Go, Stop Being Mean to Yourself, The Codependent No More Workbook and Playing It by Heart.

Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice--how to do it and why--in a clear, step-by-step presentation. Written by the author of Getting Started in AA, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of "passing it on" from one generation of sponsors to the next.

Being of service is essential to staying sober and can add a new level of perspective and gratitude to your life. Learn about the power of Step 12 and how to weave service into your day-to-day. "Nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail."—Alcoholics Anonymous The culmination of all of the steps, Step 12 calls on each of us to complete our transformation from a self-centered existence fueled by addiction to one of joy and freedom through service to others. In Walk the Talk with Step 12 Gary K. explores the the history of Step 12 and redefines what it means to practice this critical step in modern times. Through inspiring testimonials, including the author's own dramatic story as a survivor of 9/11, we learn how a life of service extends far beyond helping other alcoholics and addicts, and reveals the power of such practices as honesty, tolerance, and love in stabilizing and supporting long term recovery. With passion and insight, Gary K. incites each of us—sponsors and sponsees, newcomers and old timers alike—to define our own paths of service and experience the rewards of community and connection.

You can't beat the basics in times of trouble. During the the coronavirus pandemic, take a fresh look at the twelve steps, and the Big Book's wisdom for healing and hope. A Program for You leads each of us--newcomer or old-timer--to a deeper understanding of recovery as a way of life. A Program for You clears our way for discovering positive, powerful answers to these questions. In the years since 1939, the Big Book, Alcoholics Anonymous, has guided millions in their search for a design for healthy living free of addictive behaviors. Now, two program old-timers share their years of intensive study of the Big Book, revealing the vitality of its message for those of us reading it today. This celebration of the basic text of Twelve Step recovery breathes new life into the Big Book's timeless wisdom. Thoroughly annotated line and page, written with down-to-earth humor and simplicity, and providing a contemporary context for understanding, A Program for You helps us experience the same path of renewal that Bill W. and the first on hundred AA members did.

In this hopeful and useful guide, Dr. John MacDougall explains how to maintain our spiritual condition so that we can remain reliably sober, and come to restore our relationships with God, ourselves, and those we love. By practicing the spiritual principles of the Twelve Step programs, and making a daily commitment to our program of recovery, we reliably become happy. Contents Introduction Chapter 1: Staying Sober Chapter 2: Spirituality and Recovery Chapter 3: Surrender and Trust Chapter 4: Practice What Principles Chapter 5: Spiritual Recovery from Trauma and Abuse Chapter 6: Love and Romance Chapter 7: Hope Chapter 8: Finding Joy in Life Chapter 9: Becoming Happy Advance reviews for Being Sober and Becoming Happy: THIS BOOK IS WRITTEN BY A BRILLIANT MIND WITH A GIFT FOR HUMOR, CLARITY, ORIGINALITY, AND MOST IMPORTANT -SIMPLICITY. IN MY OPINION, NO BETTER BOOK HAS BEEN WRITTEN ON RELAPSE PREVENTION AND THE 12 STEPS SINCE THE BIG BOOK. THE AUTHOR HAS SPENT 30 YEARS IN AL-ANON, NA AND AA AND KNOWS WHAT HELPS - AND WHAT DOESN'T - BACKWARDS AND FORWARDS. OF EQUAL IMPORTANCE, THIS IS A BOOK ABOUT POSITIVE TRANSFORMATION FOR US ALL, ESPECIALLY THOSE IN RECOVERY FROM ANY SORT OF SUFFERING. George E, Vaillant MD Professor of Psychiatry, Harvard Medical School Author of Spiritual Evolution "As we realize we have a

God, rather than we are gods, we get to stop trying to control life, and we get to simply live life instead. I've decided that my life is unmanageable only when I am trying to manage it. My life isn't meant to be managed, it is meant to be lived." This quote is one of the hundreds of pithy ideas from John MacDougall's new book, the book you are soon to be engrossed in. His insights, and they materialize with ease on every page, are amazing and I've loved hearing him share them in meetings and on the "circuit" for years. But having all that wisdom, told with humor at times, but with clarity always, in one place is what makes this book invaluable. John simply gets to the core of any issue with such ease, and he makes himself understood with little work on the reader's part. He writes, or speaks, and we listen and learn with our hearts and minds. John MacDougall has been instrumental in the lives of so many people, those in the fellowship and those who have simply been lucky enough to share a few moments of his time while passing through some stage of life. He doesn't reserve his gift of understanding how life works, life without alcohol or pills but always with a God of one's understanding, for any one group of people. John is simply "the whole package," wherever you meet him; on the pages of a book or in a meeting or an auditorium. You get him whole, unfiltered and erupting always with knowledge, wisdom, humor and a loving heart. Every time you are in his presence, you come away knowing more about the 12 Steps and how to live them, and with the backdrop of humor that helps to make the information even more significant. I love this book! Even after 37 years in Alcoholics Anonymous and a few more than that in Al-Anon, I found myself jotting down insights for my own edification, and to share with others. That's what spending any time with John is like. We are never too old to take on a new idea, one that not only benefits us but every single person who is crossing our path quite by divine appointment, today or any tomorrow. John has gotten better with age, with his commitment to the work of helping others, and his passion for passing on that which he has learned. Every one who chooses to gather even an inkling of the wisdom in these pages will bring benefit to the world we all share. Thank you, John. Thank you for helping every one of us make a difference in this life through the application of the principles you so completely embody. Karen Casey, Ph.D., author of *Each Day A New Beginning*. See www.womens-spirituality.com

The first in a series of three recovery guides, *First-Year Sobriety* uses personal stories to show that despite their differing experiences, all are united in the process of living without alcohol or drugs. *First-Year Sobriety* uses the voices of many women and men who are struggling in the often baffling territory of their first year of sobriety to show that despite their differing experiences, all are united in the process of giving life without alcohol or other drugs a chance. These are people who are alternately amazed, appalled, delighted, depressed, illuminated, disturbed, or simply thrown by their first days, weeks, and months of sobriety. Author Guy Kettelhack explores the challenges all seem to face: learning to break through loneliness, isolation, and fear; finding ways to deal with anger, depression, and resentment; and learning how to deal with a new and sometimes overwhelming happiness. Kettelhack has written seven books on recovery. He is completing a Master's degree in psychoanalysis, and is an analyst-in-training at the Boston and New York Centers for Modern Psychoanalytic Studies. A graduate of Middlebury College, Kettelhack has also done graduate work in English literature at Bread Loaf School of English at Oxford University. He lives in New York City.

True, lasting recovery requires us to create and maintain inner peace. For many, it springs from a practice of mindfulness, for others from the rituals of religion. But not everyone finds a connection with a Higher Power in those ways. Through daily reflection and meditation, *In God's Care* gifts a healing inspiration to our spirit. Steadily, we find spiritual growth. Recovery is an act of faith. An addict is promised healing and self-development through the rigors of counseling, treatment, therapy, and a Twelve Step program. With motivational guidance, addictive behaviors are abandoned, coping skills are learned, and sobriety is lasting. The cycle of addiction is broken by trusting in the process. This is the power of faith: a new way of life. Co-author Karen Casey, who wrote the bestselling recovery classic *Each Day a New Beginning*, harnesses this power to transform life's struggles into a devotional outlook. These heartfelt meditations encourage the optimism needed for continuous change. It doesn't matter what we call the goodness we wish to be and see—God or otherwise. It only matters that we hold it in our hearts and affairs as we create a new life. That is the truest definition of a Higher Power.

Drop the Rock *Removing Character Defects - Steps Six and Seven* Simon and Schuster

Based on the spiritual foundations of Twelve Step programs, these daily readings—part of Hazelden's meditation series—offer inspiration, affirmation, and hope to those of us in recovery from addiction. Drawing upon insightful phrases often overheard in the rooms of recovery, the daily reflections and prayers in this collection are intended to offer comfort and guiding reminders to those recovering from alcoholism, drug addiction, substance use disorders, process addictions, or other compulsive behaviors. Recovery is a process that happens a day at a time, and this daily reader will support your journey. Whether you've hit an obstacle in your recovery from addiction, you're experiencing periodic relapse, or you're simply longing for something more, here is a true and certain guide to living more abundantly in recovery. With *Destination Joy*, best-loved author Earnie Larsen provides friendly and expert roadside assistance to weary travelers on recovery's path. Whether you've hit an obstacle in your recovery from addiction, you're experiencing periodic relapse, or you're simply longing for something more, here is a true and certain guide to living more abundantly in recovery. In sharing many different stories of recovering people and the various paths they have taken, Larsen explores ways you can bring greater love, acceptance, and belonging into your life.

The son of broadcaster Bill Moyers shares his harrowing personal battle with alcoholism and drug addiction, describing his privileged childhood, multiple relapses, and rise to a key player at the Hazelden Foundation, through which he conducts motivational intervention programs. Reprint. 150,000 first printing.

The newly compiled *12 Step Prayer Book* offers adapted and traditional prayers to complement any Twelve Step program or any mindful recovery experience. Collected and compiled from varied authors, faiths, and lifestyles, these prayers of strength and healing will give you a thought for each day. These are the faithful words of the world. From Bill P., the author of the recovery classics *Easy Does It* and *Drop the Rock*, and Lisa D., comes this cherished set of prayers, now presented for the first time as part of Hazelden's beloved series of daily readings. Bookended by morning and nightly prayers, this new edition now provides prayers and readings based on themes related to each Step. Regardless of your religious affiliation or a lack thereof, prayer houses infinite power: it is the spiritual language of the unified human experience. In a modern approach to prayer and meditation, *The 12 Step Prayer Book* utilizes sources from across the world to support your recovery. Treatment, counseling, and other forms of therapy are unquestionably necessary for sobriety. They are, however, finite. Once they end, what becomes our source of hope, strength, and wisdom? Twelve Step recovery demands continuous spiritual growth, and spiritual growth demands a Higher Power. Our faith needn't be perfect, but it must be present. Through prayer and daily connection with the spiritual, our hearts remain full and open to the life recovery promises.

Learn about the luminaries behind one of the greatest social movements of our time through the never-before-published recordings, letters, and stories found in this intimate multimedia retrospective. Learn about the luminaries behind one of the greatest social movements of our time through the never-before-published recordings, letters, and stories found in this intimate multimedia retrospective. This unique book and audio CD draw on letters, journal entries, and speeches from Alcoholics Anonymous (AA) conferences, and recorded conversations to tell the personal stories of AA cofounders Dr. Bob and Bill W. The book and CD reveal the cofounders' unique contributions to the creation and development of AA, the Big Book, and the Twelve Steps and Twelve Traditions. The book explores their lives, starting with

their early drinking days, while the audio recordings begin with their first speeches in the 1940s and continue through Bill W.'s last talk given at the Miami International Convention in 1970, just months before he died. AA historian and archivist Michael Fitzpatrick used his research conducted at Stepping Stones (the former home of Bill W.) and Dr. Bob's home, excerpts from the AA Grapevine, and his own private collection to offer this multimedia retrospective.

The coronavirus pandemic has made vulnerable people more vulnerable, and brought trauma into many lives that were already unsteady. A powerful testament to personal survival, this story of sexual violence and its effects on mental health, abuse, and addiction also offers insight into how the recovery and mental health treatment communities can change to address these issues more effectively. In this brutally honest and compelling memoir, Jennifer Storm revisits the trauma of her childhood rape and ensuing addiction and how she channeled her pain into a healing life of advocacy. Sexual assault, addiction, and other traumatic experiences can leave both physical and emotional scars. For Jennifer Storm, these scars serve as a reminder--both of the darkness and suffering she once experienced, and of how far she has come. When she was first assaulted at age twelve, Jennifer turned to alcohol to dull the emotional pain. After a string of childhood traumas, she fell into crack use and self-harm. Once Jennifer finally found treatment after surviving the last of multiple suicide attempts, she discovered that it was possible to heal her shame. She could start to recover by uncovering the secrets she had kept hidden for years. *Blackout Girl* is the heartbreaking, enlightening, and inspiring story of Jennifer's narrow escape from her own self-destructive instincts when all of the odds, and systems, were stacked against her. Since *Blackout Girl* was first published in 2008, Jennifer has seen the #MeToo and Times Up movements empower countless brave survivors to reveal the truth of their experiences. Yet, our society is only just beginning to truly understand and support victims and recognize the importance of trauma-informed care. Now more relevant than ever, Jennifer's story and professional insights expose the societal failures these victims have endured, and how we can all help each other heal. If you are still experiencing or recovering from victimization, Jennifer's story shows you are not alone. For those struggling to understand a loved one's experience of addiction and trauma, Jennifer's recovery provides hope. This new edition of *Blackout Girl* includes additional chapters with more details of Jennifer's story, new insights on the societal changes of the past decade, and a powerful foreword by survivor advocate and founder of the End Rape Statute of Limitations movement, Caroline Heldman, PhD. *Blackout Girl* is a must-read both for those looking to learn about the personal effects of widespread sexual assault and addiction and for those who already hold these issues dear.

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

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.

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

Drop the Rock is one of the best-selling recovery books ever, with more than 200,000 copies sold to date. It's companion piece, *Drop the Rock . . . The Ripple Effect* has already sold thousands of copies. Now it's easy for you to get both of these essential recovery books in a convenient e-book bundle. About *Drop the Rock, Second Edition* Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery--or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section. About *Drop the Rock. . . The Ripple Effect* In this follow-up to *Drop the Rock: Removing Character Defects*, Fred H. explores "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day to avoid picking up "the rock"—also known as resentment, fear, and self-pity—again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, Fred H. reveals Step 10 as the natural culmination of working the previous Steps, providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. *Drop the Rock. . . The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program and shows Step 10 as a key to a sober life free of fear and resentment, and filled with serenity and gratitude.

Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps. providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, *Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment

program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

This popular book provides thirty-one daily reminders on commonly encountered AA problems during an alcoholic's way of life. Stools and Bottles offers penetrating insights into the first four Steps from a well-known A.A. talk. The author, who also wrote The Little Red Book, describes a three-legged stool, the legs of which represents Steps One, Two, and Three. They support the seat, which symbolizes the alcoholic. An excellent aid to the daily application of the A.A. program. An old-time classic!

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