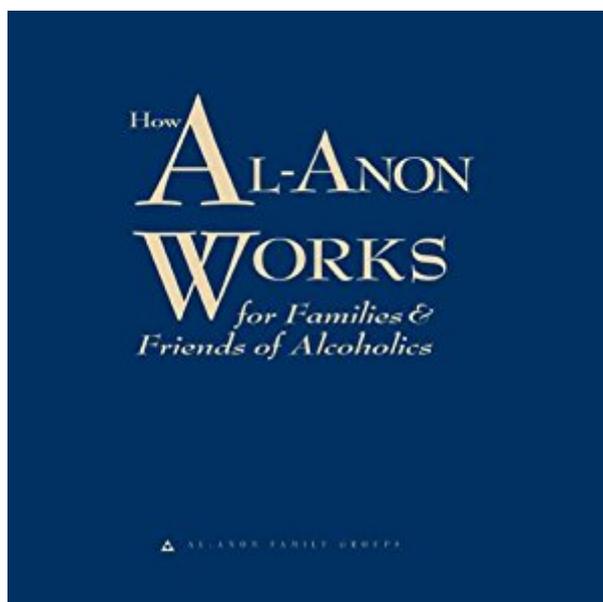


The book was found

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 and 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: #139 in Books > Health, Fitness & Dieting > Addiction & Recovery >

Alcoholism #855 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #6508

in Books > Self-Help

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 alcoholism," as we learn from this book, is about taking a look 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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