

aa big book 4th edition

Book Concept: A.A. Big Book 4th Edition - Reimagined

Title: A.A. Big Book: A New Understanding – Finding Freedom from Addiction in the Modern World (4th Edition)

Concept: This isn't just a reprint; it's a reimagining of the iconic Alcoholics Anonymous Big Book, updated for a modern audience grappling with the complexities of addiction in the 21st century. While retaining the core principles of the original, this edition incorporates contemporary research, diverse perspectives, and a more accessible, empathetic tone. It moves beyond the traditional focus on alcohol to address a broader spectrum of addictions, including substance abuse, behavioral addictions, and the co-occurring mental health conditions frequently intertwined with addiction.

Compelling Storyline/Structure: The book will employ a multi-faceted approach:

Part 1: Understanding Addiction: This section delves into the science of addiction, debunking myths and explaining the biological, psychological, and social factors contributing to addictive behaviors. It will utilize case studies and real-life narratives to illustrate the diverse faces of addiction.

Part 2: The A.A. Journey Reimagined: This section explores the core principles of the 12-step program in a fresh, accessible light. It unpacks the steps, addressing their relevance to contemporary struggles and offering practical guidance. It will also discuss the limitations of the original text and explore alternative support systems and therapeutic approaches.

Part 3: Building a Life of Recovery: This part focuses on long-term recovery, emphasizing relapse prevention, self-care, and building a supportive network. It will feature success stories and insights from individuals who have achieved sustained recovery, highlighting the ongoing process of personal growth and transformation.

Ebook Description:

Are you trapped in the grip of addiction, feeling hopeless and alone? Do you crave freedom but fear you'll never break free? Millions struggle silently with substance abuse, behavioral addictions, or the crippling effects of co-occurring disorders. You are not alone.

This groundbreaking 4th edition of the A.A. Big Book offers a compassionate and updated pathway to recovery. It goes beyond the traditional approach,

weaving together timeless wisdom with contemporary insights to help you understand your addiction, navigate the challenges of recovery, and build a fulfilling life free from the chains of substance abuse.

Book Name: A.A. Big Book: A New Understanding – Finding Freedom from Addiction in the Modern World (4th Edition)

Contents:

Introduction: Understanding the Evolving Landscape of Addiction

Part 1: Understanding Addiction:

Chapter 1: The Science of Addiction: Myths and Realities

Chapter 2: The Faces of Addiction: Diverse Experiences and Challenges

Chapter 3: Co-occurring Disorders: Addressing Mental Health in Recovery

Part 2: The A.A. Journey Reimagined:

Chapter 4: The 12 Steps: A Modern Interpretation

Chapter 5: Finding Your Support System: Beyond the Traditional Model

Chapter 6: Alternative Therapies and Approaches

Part 3: Building a Life of Recovery:

Chapter 7: Relapse Prevention Strategies: Building Resilience

Chapter 8: Self-Care and Well-being: Nurturing Your Inner Strength

Chapter 9: Living a Fulfilling Life in Recovery: Finding Purpose and Meaning

Conclusion: Embracing the Journey of Ongoing Growth

Article: A.A. Big Book: A New Understanding – Finding Freedom from Addiction in the Modern World (4th Edition)

H1: A.A. Big Book: A New Understanding – Finding Freedom from Addiction in the Modern World (4th Edition)

H2: Introduction: Understanding the Evolving Landscape of Addiction

Addiction is a complex and multifaceted issue that has evolved significantly in recent years. The original A.A. Big Book focused primarily on alcohol addiction, but today, we face a wider range of addictive behaviors, including substance use disorders (SUDs), such as opioid addiction, methamphetamine addiction, and gambling addiction; as well as behavioral addictions, like internet addiction, gaming addiction, and sex addiction. Furthermore, the understanding of the neurobiological mechanisms underlying addiction has advanced substantially. This expanded understanding necessitates a contemporary approach to recovery, incorporating insights from neuroscience, psychology, and sociology. This fourth edition aims to bridge the gap between the timeless wisdom of the original Big Book and the current scientific and societal understanding of addiction.

H2: Part 1: Understanding Addiction

H3: Chapter 1: The Science of Addiction: Myths and Realities

This chapter delves into the neurobiological mechanisms that drive addiction, debunking common myths and misconceptions. We will explore the brain's reward system, the role of dopamine, and the development of tolerance and dependence. We will discuss how different substances and behaviors affect the brain differently and lead to unique challenges in recovery. The chapter will also address the genetic and environmental factors that contribute to vulnerability to addiction, highlighting the fact that addiction is not simply a matter of willpower.

H3: Chapter 2: The Faces of Addiction: Diverse Experiences and Challenges

Addiction manifests differently across individuals and populations. This chapter explores the diverse experiences of individuals struggling with various types of addiction. It addresses the unique challenges faced by different demographics, including age, gender, race, ethnicity, and socioeconomic status. By presenting various case studies, this chapter aims to humanize addiction and foster empathy and understanding. It challenges readers to consider the systemic and social factors that contribute to addiction, such as poverty, trauma, and lack of access to healthcare.

H3: Chapter 3: Co-occurring Disorders: Addressing Mental Health in Recovery

A significant portion of individuals struggling with addiction also experience co-occurring mental health disorders, often referred to as dual diagnosis. This chapter explores the complex interplay between addiction and mental illness, such as anxiety, depression, PTSD, and bipolar disorder. It emphasizes the importance of integrated treatment approaches that address both the addiction and the underlying mental health condition. Effective recovery requires a holistic approach acknowledging the interconnectedness of mental and physical health.

H2: Part 2: The A.A. Journey Reimagined

H3: Chapter 4: The 12 Steps: A Modern Interpretation

This chapter presents the twelve steps of Alcoholics Anonymous within the context of contemporary addiction treatment. It provides a modern interpretation, ensuring accessibility and relevance for individuals dealing with various addictions. The chapter discusses the strengths and limitations of the 12-step program, emphasizing the importance of adapting the steps to individual circumstances and needs. It also explores alternative approaches to recovery, acknowledging that the 12-step program may not be suitable for everyone.

H3: Chapter 5: Finding Your Support System: Beyond the Traditional Model

Building a strong support system is crucial for successful recovery. This chapter goes beyond the traditional model of support groups, exploring a variety of support options, including therapy, peer support groups (beyond

just 12-step programs), family therapy, and online support communities. The chapter also explores the importance of fostering healthy relationships and avoiding enabling behaviors from family and friends. It emphasizes the importance of building a personalized support network that fits individual needs and preferences.

H3: Chapter 6: Alternative Therapies and Approaches

This chapter introduces a range of evidence-based alternative therapies and approaches that can complement or supplement the 12-step program. These might include cognitive-behavioral therapy (CBT), motivational interviewing, medication-assisted treatment (MAT), mindfulness-based interventions, and holistic approaches. The chapter aims to provide a broad overview of different treatment modalities, empowering readers to find the approaches most effective for them.

H2: Part 3: Building a Life of Recovery

H3: Chapter 7: Relapse Prevention Strategies: Building Resilience

Relapse is a common part of the recovery process. This chapter provides practical strategies for relapse prevention, including identifying triggers, developing coping mechanisms, building resilience, and creating a strong relapse prevention plan. The chapter underscores the importance of self-awareness and proactive strategies to prevent relapse, emphasizing the importance of seeking help when needed.

H3: Chapter 8: Self-Care and Well-being: Nurturing Your Inner Strength

This chapter emphasizes the significance of self-care in sustaining long-term recovery. It discusses various aspects of self-care, including physical health, emotional well-being, and spiritual growth. The chapter provides practical strategies for self-care, such as exercise, mindfulness, healthy eating, and stress management techniques.

H3: Chapter 9: Living a Fulfilling Life in Recovery: Finding Purpose and Meaning

This concluding chapter focuses on building a fulfilling and meaningful life in recovery. It explores aspects of personal growth, goal setting, career development, and building healthy relationships. The chapter inspires readers to embrace their journey of ongoing growth and transformation.

H2: Conclusion: Embracing the Journey of Ongoing Growth

Recovery is a lifelong journey, not a destination. This edition of the Big Book aims to equip readers with the knowledge, tools, and support needed to navigate the challenges of recovery and build a life of purpose, meaning, and lasting freedom.

FAQs:

1. Is this book only for alcoholics? No, this book addresses a broad spectrum of addictions.
2. Is this a replacement for professional help? No, it's a supplemental resource; professional help is crucial.
3. What if I don't believe in the 12-step program? The book explores alternative approaches.
4. How is this different from the original Big Book? It incorporates modern research and diverse perspectives.
5. Is this book suitable for teenagers? It's best suited for adults but may be beneficial for older teens with parental guidance.
6. Does the book discuss medication-assisted treatment? Yes, it explores various therapeutic options.
7. What if I relapse? The book provides strategies for relapse prevention and coping with setbacks.
8. Can I use this book anonymously? Yes, recovery is a personal journey.
9. Where can I find additional support? The book lists resources and support options.

Related Articles:

1. The Neuroscience of Addiction: Unraveling the Brain's Reward System: Explores the biological mechanisms underlying addiction.
2. Co-occurring Disorders: The Interplay of Addiction and Mental Illness: Discusses the challenges of dual diagnosis.
3. 12-Step Programs: A Critical Analysis and Alternatives: Evaluates the effectiveness and limitations of 12-step programs.
4. Relapse Prevention Strategies: Tools and Techniques for Sustained Recovery: Offers practical strategies for preventing relapse.
5. Medication-Assisted Treatment (MAT): A Comprehensive Overview: Explores the role of medication in addiction treatment.
6. Cognitive Behavioral Therapy (CBT) for Addiction: A Practical Guide:

Explains the principles and techniques of CBT for addiction.

7. Mindfulness and Addiction: Cultivating Self-Awareness and Acceptance: Examines the benefits of mindfulness in recovery.
8. Building Healthy Relationships in Recovery: Fostering Connection and Support: Discusses the importance of healthy relationships.
9. Finding Purpose and Meaning in Recovery: Building a Fulfilling Life: Explores personal growth and achieving goals in recovery.

'AA Big Book 4th Edition': A Comprehensive Guide to Alcoholics Anonymous

This ebook, "AA Big Book 4th Edition," offers a thorough and updated examination of the Alcoholics Anonymous (AA) program, its principles, and its practical application in overcoming alcohol addiction. It's a crucial resource for individuals struggling with alcoholism, their families, and professionals working in addiction recovery. Its significance lies in providing a readily accessible, contemporary interpretation of the foundational text of AA, making its wisdom relevant to a modern audience. The 4th edition acknowledges the evolving understanding of addiction and incorporates insights gained from decades of experience and research. This updated version maintains the core principles of the original while clarifying certain points and addressing contemporary concerns. Its relevance stems from the enduring power of the AA program's 12-Step approach, which has proven effective for countless individuals seeking sobriety. This ebook aims to empower readers with a deeper understanding of the program, fostering hope and facilitating a successful path to recovery.

Book Name: The Alcoholic's Journey: Navigating the Path to Sobriety with the AA Big Book (4th Edition)

Contents Outline:

Introduction: Understanding the Purpose and Scope of the AA Big Book

Chapter 1: The Nature of Alcoholism: Defining the Disease and its Impact

Chapter 2: The 12 Steps Explained: A Detailed Breakdown and Practical Application

Chapter 3: Living the AA Principles: Incorporating the 12 Steps into Daily Life

Chapter 4: The Role of Sponsorship and Support: Building a Strong Recovery Network

Chapter 5: Addressing Relapse Prevention: Strategies and Coping Mechanisms

Chapter 6: The Spiritual Dimension of Recovery: Exploring the Meaning of Spirituality in AA

Chapter 7: The Importance of Honesty and Self-Reflection: The Foundation of Recovery

Chapter 8: Beyond the 12 Steps: Maintaining Long-Term Sobriety

Conclusion: Embracing a Life of Recovery and Continued Growth

The Alcoholic's Journey: Navigating the Path to Sobriety with the AA Big Book (4th Edition)

Introduction: Understanding the Purpose and Scope of the AA Big Book

The Alcoholics Anonymous Big Book is more than just a book; it's a roadmap to recovery, a testament to the power of shared experience and mutual support. This introduction will explore the book's origins, its core message, and its lasting impact on millions of lives. We'll examine the historical context of its creation, highlighting the need for a community-based approach to addressing alcoholism at a time when societal understanding was limited. This section will also set the stage for exploring the key themes and principles that underpin the entire program. Understanding the purpose and scope of the Big Book is crucial to effectively using its teachings. We'll address common misconceptions and set the foundation for a deeper understanding of its relevance to contemporary struggles with alcohol addiction. The introduction will also clarify the intent and philosophy behind the book, highlighting its focus on self-improvement, personal responsibility, and spiritual growth. Finally, we'll discuss how this updated 4th edition reflects the evolved understanding of addiction and its treatment.

Chapter 1: The Nature of Alcoholism: Defining the Disease and its Impact

This chapter delves into the nature of alcoholism, dispelling common myths and misconceptions. We'll define alcoholism not merely as a habit or weakness, but as a chronic and progressive disease. The impact of alcoholism will be thoroughly examined, exploring its effects on physical health, mental well-being, relationships, and overall quality of life. We will discuss the physiological effects of alcohol, the neurological changes that contribute to addiction, and the devastating consequences of uncontrolled drinking. The chapter will also discuss the different types of alcoholism and the various factors that contribute to its development, including genetics, environment, and psychological predisposition. We will discuss the criteria used for diagnosing alcoholism and the importance of seeking professional help. The goal is to provide a clear and comprehensive understanding of the disease's complexity, enabling individuals to accurately assess their situation and begin the path to recovery.

Chapter 2: The 12 Steps Explained: A Detailed Breakdown and Practical

Application

This chapter provides a detailed explanation of the twelve steps of AA, each step analyzed individually and in relation to the others. We will explore the spiritual principles underlying the steps, emphasizing the importance of surrender, self-reflection, and making amends. This will include practical examples and exercises to help readers understand how to apply each step in their own lives. The concept of "higher power" will be discussed in detail, clarifying its flexible interpretation and emphasizing its significance in fostering hope and recovery. The chapter will also address potential challenges in working through the steps and offer guidance on overcoming obstacles. The focus will be on practical application, offering clear strategies and guidance for each step, making the process less daunting and more accessible. This chapter emphasizes a holistic approach, combining spiritual principles with practical steps towards recovery.

Chapter 3: Living the AA Principles: Incorporating the 12 Steps into Daily Life

This chapter focuses on translating the 12 steps from theoretical concepts into practical daily actions. We will discuss strategies for integrating the principles of honesty, self-reflection, and service into daily routines. The importance of maintaining sobriety through consistent effort and self-care will be emphasized. This chapter provides practical advice on how to manage triggers, cravings, and challenging situations that may arise throughout recovery. We will explore the importance of building a support system and using tools such as journaling, meditation, and prayer to support ongoing recovery. The chapter also addresses the long-term commitment involved in maintaining sobriety and the importance of ongoing self-growth and development. This includes tips for managing stress, maintaining healthy relationships, and avoiding relapse.

Chapter 4: The Role of Sponsorship and Support: Building a Strong Recovery Network

This chapter emphasizes the crucial role of sponsorship and the importance of building a strong support network in recovery. We will discuss the qualities of a good sponsor, how to find one, and how to effectively utilize their guidance. The benefits of attending AA meetings and engaging with a community of recovering alcoholics will be highlighted. The chapter will also discuss how to build healthy relationships with family and friends, seeking their support while setting healthy boundaries. We will examine the dynamics of support groups and the value of mutual support and shared experiences. Strategies for navigating difficult relationships and addressing interpersonal conflicts will be discussed. This chapter emphasizes the importance of creating a safe and supportive environment as an essential element of successful recovery.

Chapter 5: Addressing Relapse Prevention: Strategies and Coping Mechanisms

Relapse prevention is a critical aspect of long-term recovery. This chapter focuses on identifying potential triggers, developing coping mechanisms, and creating relapse prevention plans. We will discuss common triggers, such as stress, loneliness, and social situations, and provide practical strategies for managing them. The importance of self-awareness and recognizing early warning signs of relapse will be emphasized. The chapter will offer guidance on creating a personal relapse prevention plan, including strategies for managing cravings, seeking support, and utilizing healthy coping mechanisms. We will also explore the importance of self-compassion and learning from setbacks without self-criticism. This section will provide readers with proactive strategies for navigating challenging situations and maintaining long-term sobriety.

Chapter 6: The Spiritual Dimension of Recovery: Exploring the Meaning of Spirituality in AA

This chapter explores the spiritual dimension of recovery within the AA program. The concept of spirituality in AA will be clarified, emphasizing that it doesn't necessarily require religious affiliation. We will discuss the importance of self-reflection, personal growth, and connecting to something greater than oneself. Various ways to cultivate a spiritual practice will be suggested, including meditation, prayer, nature walks, and engaging in acts of service. This chapter addresses the emotional and psychological aspects of recovery, recognizing the need for self-compassion and forgiveness. We'll explore how a connection to something larger than oneself can provide strength, resilience, and hope during the challenging journey of recovery. The chapter will also dispel any misconceptions about the spiritual aspect of AA, emphasizing its accessibility and relevance to diverse beliefs and backgrounds.

Chapter 7: The Importance of Honesty and Self-Reflection: The Foundation of Recovery

Honesty and self-reflection are fundamental to the AA program. This chapter will explore the crucial role of self-awareness in recovery. We'll discuss the importance of acknowledging past mistakes, taking responsibility for one's actions, and making amends to those who have been harmed. Practical strategies for cultivating honesty, such as journaling and self-reflection exercises, will be provided. The importance of facing uncomfortable truths and avoiding denial will be emphasized. This chapter will discuss the process of taking a moral inventory and how it can lead to personal growth and transformation. The chapter will also delve into the concept of forgiveness, both of oneself and others, as an essential element of healing and recovery. The emphasis will be on building a strong foundation for long-term recovery based on honesty and self-understanding.

Chapter 8: Beyond the 12 Steps: Maintaining Long-Term Sobriety

Maintaining long-term sobriety requires ongoing effort and commitment. This chapter explores strategies for sustaining recovery beyond the initial stages. We'll discuss the importance of continued self-care, regular attendance at AA meetings, and maintaining a strong support system. The chapter will also address how to handle potential challenges and setbacks that may arise in the future. We'll examine techniques for maintaining emotional well-being, building healthy relationships, and developing a fulfilling life free from alcohol. The chapter will emphasize the importance of personal growth and continuous self-improvement as essential factors in sustaining long-term sobriety. This section provides readers with a plan for navigating the long-term journey of maintaining a healthy, sober life.

Conclusion: Embracing a Life of Recovery and Continued Growth

This conclusion will summarize the key themes explored in the book and reiterate the importance of continued growth and self-improvement. It will offer encouragement and hope to individuals struggling with alcoholism, emphasizing the possibility of a fulfilling and meaningful life in recovery. We will reinforce the message of self-compassion, resilience, and the power of community support. The conclusion will emphasize the importance of embracing life's challenges as opportunities for growth and learning. It will leave the reader with a sense of optimism and the conviction that sustained sobriety and a meaningful life are within reach.

FAQs:

1. Is this book only for those who identify as alcoholics? No, it's helpful for anyone struggling with alcohol abuse, their families, and those interested in understanding addiction.
2. What is a "higher power" in the context of AA? It's a concept interpreted individually; it can be God, nature, a spiritual force, or something else that provides strength and guidance.
3. Do I need to attend AA meetings to benefit from this book? While meetings are encouraged, the book provides valuable insights and tools even without attending meetings.
4. How is this 4th edition different from previous editions? This edition offers updated perspectives, clarity on certain concepts, and reflects modern understandings of addiction.
5. Is this book suitable for people with other addictions besides alcohol? The principles can be adapted, but specific addiction treatment may be

required.

6. Can I use this book anonymously? Absolutely. AA emphasizes confidentiality and anonymity.
7. What if I relapse? Relapse is a possibility. The book provides strategies for dealing with setbacks and getting back on track.
8. How long does it take to work through the 12 steps? The process is personal; some complete it quickly, while others take longer.
9. Is this book a replacement for professional help? No. This book complements professional treatment and should not replace it.

Related Articles:

1. Understanding the 12 Steps of AA: A Deep Dive: A detailed exploration of each step, including its history, purpose, and practical application.
2. The Science of Addiction: Neurological and Psychological Perspectives: An overview of the scientific understanding of addiction and its impact on the brain.
3. Building a Strong Support System in Recovery: Strategies for building and maintaining a healthy support network for those recovering from alcohol addiction.
4. Relapse Prevention Strategies: Identifying Triggers and Developing Coping Mechanisms: A comprehensive guide to relapse prevention, including specific techniques and strategies.
5. The Spiritual Journey in Recovery: Exploring Different Paths to Inner Peace: An examination of spirituality in recovery, catering to diverse belief systems and perspectives.
6. The Role of Sponsorship in AA: Finding the Right Mentor and Navigating the Sponsorship Relationship: A detailed look at the sponsor-sponsee relationship, its importance, and challenges.
7. Honesty and Self-Reflection in Recovery: The Foundation of Lasting Change: An in-depth exploration of the importance of self-awareness and honesty in the recovery process.
8. Maintaining Long-Term Sobriety: Strategies for Continued Success: Practical advice and techniques for sustaining sobriety after completing

the 12 steps.

9. Overcoming Challenges in Recovery: Navigating Setbacks and Maintaining Hope: A guide to coping with setbacks, managing challenges, and maintaining hope during the recovery journey.

Additional Resources

Alcoholics Anonymous- Big Book 4th Edition

B-1 Alcoholics Anonymous- Big Book 4th Edition Known as the "Big Book," the basic text of Alcoholics Anonymous has helped millions of people recover from alcoholism since the first ...

The Big Book - Alcoholics Anonymous

Chapter 4 - We Agnostics, from the Fourth edition of the Big Book, "Alcoholics Anonymous," the basic text of A.A. in American Sign Language (ASL). Highlights a pathway to recovery for ...

The 4th Edition - ALCOHOLICS ANONYMOUS

W E, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics PRECISELY ...

Download A.A. "Big Book" - Alcoholics Anonymous

This fourth edition of "Alcoholics Anonymous" came off press in November 2001, at the start of a new millennium. Since the third edition was published in 1976, worldwide membership of A.A. ...

Alcoholics Anonymous, Fourth Edition: The official "Big Book" ...

Dec 4, 2013 · Alcoholics Anonymous: The Big Book is easy to read and connect with on a deeply personal level. Regardless of your past, this book teaches you that there is a community out ...

The Big Book of Alcoholics Anonymous - erpms.org

THIS IS the fourth edition of the book "Alcoholics Anonymous." The first edition appeared in April 1939, and in the following sixteen years, more than 300,000 copies went into circulation. The ...

Alcoholics Anonymous (Large Print) - A.A.W.S. Online Store

Chapters describing the A.A. recovery program – the original Twelve Steps – and the personal histories of A.A.'s co-founders remain unchanged since the original, while new stories have ...

Alcoholics Anonymous Big Book, 4th Edition

Alcoholics Anonymous – the Big Book – has served as a lifeline to millions worldwide. First published in 1939, Alcoholics Anonymous sets forth cornerstone concepts of recovery from ...

Alcoholics Anonymous Big Book Large Print 4th Edition

The fourth edition includes twenty-four new stories that provide contemporary sharing for newcomers seeking recovery from alcoholism in AA during the early years of the 21st century.

Alcoholics Anonymous: The Big Book - amazon.com

Feb 10, 2002 · 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 ...

Alcoholics Anonymous- Big Book 4th Edition

B-1 Alcoholics Anonymous- Big Book 4th Edition Known as the "Big Book," the basic text of Alcoholics Anonymous has helped millions of people recover from alcoholism since the first ...

The Big Book - Alcoholics Anonymous

Chapter 4 - We Agnostics, from the Fourth edition of the Big Book, "Alcoholics Anonymous," the basic text of A.A. in American Sign Language (ASL). Highlights a pathway to recovery for ...

The 4th Edition - ALCOHOLICS ANONYMOUS

W E, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics PRECISELY ...

Download A.A. "Big Book" - Alcoholics Anonymous

This fourth edition of "Alcoholics Anonymous" came off press in November 2001, at the start of a new millennium. Since the third edition was published in 1976, worldwide membership of A.A. ...

Alcoholics Anonymous, Fourth Edition: The official "Big Book" ...

Dec 4, 2013 · Alcoholics Anonymous: The Big Book is easy to read and connect with on a deeply personal level. Regardless of your past, this book teaches you that there is a community out ...

The Big Book of Alcoholics Anonymous - erpms.org

THIS IS the fourth edition of the book "Alcoholics Anonymous." The first edition appeared in April 1939, and in the following sixteen years, more than 300,000 copies went into circulation. The ...

Alcoholics Anonymous (Large Print) - A.A.W.S. Online Store

Chapters describing the A.A. recovery program – the original Twelve Steps – and the personal histories of A.A.'s co-founders remain unchanged since the original, while new stories have ...

Alcoholics Anonymous Big Book, 4th Edition

Alcoholics Anonymous – the Big Book – has served as a lifeline to millions worldwide. First published in 1939, Alcoholics Anonymous sets forth cornerstone concepts of recovery from ...

Alcoholics Anonymous Big Book Large Print 4th Edition

The fourth edition includes twenty-four new stories that provide contemporary sharing for newcomers seeking recovery from alcoholism in AA during the early years of the 21st century.

Alcoholics Anonymous: The Big Book - amazon.com

Feb 10, 2002 · 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 ...

[Aa Big Book 4th Edition](#)

Aa Big Book 4th Edition

Related Articles

- [a vicious game melissa blair](#)
- [a walk in the clouds summary](#)
- [a war amongst the stars](#)

[Back to Home](#)