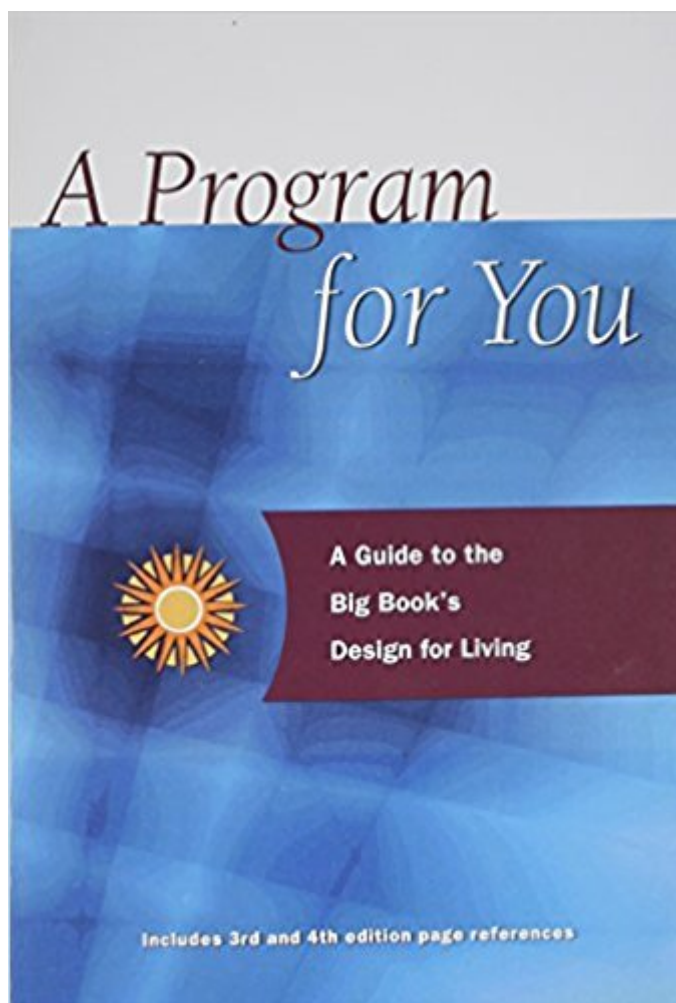


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# A Program For You: A Guide To The Big Book's Design For Living



## Synopsis

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.

## Book Information

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## Customer Reviews

Anonymous Anonymous is a contributor for Hazelden Publications including Alcoholics Anonymous Big Book 4th Edition.

One of the best if not The best companion to the Big Book of Alcoholics Anonymous. Straight forward common every day language that anyone should be able to understand. Shows you how to 'walk the walk' rather than just 'talk the talk'.

This is a wonderful supplement to the Big Book!. It is very helpful by listing the pages of the Big Book to use when it refers to various topics. It also has useful tips and perspectives on the topics from the anonymous authors!. I ordered seven copies to use in our men's discussion group! It was well received.

I had the privilege to attend the weekend workshop on which this book is based about six years ago. It was a life-changing experience for me in my recovery from food addiction. This book is almost a word-for-word replica of that workshop (and was approved by the leaders of the workshop). For anyone struggling to understand the Big Book of Alcoholics Anonymous, read this book immediately. It is true to the heart and soul of the "big Book" and completely modernizes the information so that it's easy to understand in today's world.

This book opens with Ebby, T., Bill W. and Dr. Silkworth and how early steps in A.A. history. It goes into understanding the alcoholic problem, allergy of the body and obsession of the mind. Much later in the book it goes into talking of the personal inventory, outgrowing fear, problems of sex and making amends. Nice, compact book to read and reread.

This is Joe and Charlie material and I love their stuff. We have a meeting nearby and that is why I bought this guide. Whether you go to an organized meeting or not, this is a great supplement to the Big Book or set of Joe and Charlie tapes.

LOVE

I absolutely love this book. This is the third copy that I have bought. I keep giving them away! This book is one of the best ways that I know to increase your understanding of the big book. All the way through, Big book pages are noted in the margins. This makes it easy to go back and forth. Great Book!

Joe and Charlie rock!

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