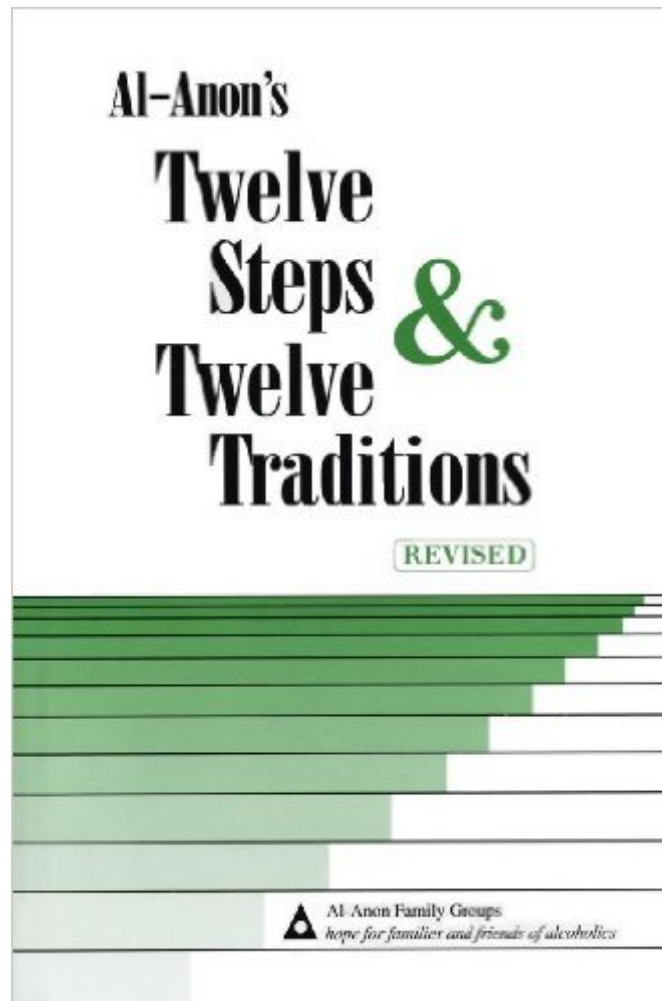


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# Al-Anons Twelve Steps & Twelve Traditions



## Synopsis

Countless thousands of people around the world have been restored to joyful living by practicing the principles embodied in Al-Anon's Twelve Steps and Twelve Traditions. The Steps outline a program of personal recovery from the often devastating effects of another's alcoholism. The Traditions, which are the gentle guides used by Al-Anon groups, are readily adapted to healing personal relationships.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (53 customer reviews)

Best Sellers Rank: #24,768 in Books (See Top 100 in Books) #71 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #3179 in [Books > Self-Help](#) #3621 in [Books > Textbooks](#)

## Customer Reviews

Straight forward writing on the Al-Anon Steps and Traditions. Al-Anon focuses on emotional sobriety for people struggling with the effects of addiction on their lives - their own substance/emotional addiction or those of a friend or family member. Identifying what emotional sobriety (and thus emotional addiction) is and isn't can be a process akin to building tiny villages inside a small glass bottle - subtle details that emerge bigger pictures. This book is clear and concise and comforting to read while muddling through.

Men and women with eating disorders, as well as people suffering from alcoholism, often have co-dependent relationships that cause even more pain and destruction in their lives. When a person with an eating disorder contacts me and continually describes the problematic person in their life, describes how much sacrifice and pain is required to maintain the relationship, I am likely to suggest Al-Anon meetings. Understanding that both people in a relationship contribute to the nature of the relationship is vital for making healthy decisions in life. When a person's disorder blocks their

awareness, distorts their thinking and dulls their feelings they can get caught in relationships that undermine souls while feeding disorders. Al-Anon helps people to separate out their disordered thinking from realistic appraisal and begin to take healthy action in life and in relationships. The "12 and 12" as it is called in meetings is part of the fundamental structure of a system that has helped many thousands of people to free themselves of sticky co-dependent relationships. It helps people create healthy relationships, both in starting new relationships on a healthier basis or transforming co-dependent relationships into something that is respectful and caring. I highly recommend this book and Al-Anon. Joanna Poppink, MFT Los Angeles psychotherapist, speaker author of *Healing Your Hungry Heart: recovering from your eating disorder* [eatingdisorderrecoverydotcom](http://eatingdisorderrecoverydotcom)

Those of you considering this book, get it! It describes each step, gives an example and points to consider. Al-anon is new to me and this book has really helped my study of recovery and AA, to see what this disease really means to my husband and to his family.

This book is very good explanation of Al-Anon. It is a very important start to the program. I would suggest it to anyone and I feel it is a book to keep on the book shelf when finished reading.

This is a different version of the descriptions of each step, written by a minister, or with more Bible references than the copy being used now, available at AA or Al Anon meetings. So I realized, the 12 Steps can be the standard 12 Steps, but different issues of this book can have different peoples' explanations of them, which can also be helpful. I got it in order to follow along with the group, so I ended up getting a different copy that was exactly like theirs, and this one is just another view on things, which is helpful, too.

This CAL (Conference Approved Literature) explains in depth the 12 steps of Al-Anon in easy to understand and apply language. The 12 steps read simply, but they are much deeper in their meaning than the literal words define as. I found this book very helpful as I continue in my recovery. A suggestion: consider buying the book from an AFG (Al-Anon Family Group) in your area, it helps support them.

I highly recommend this book. I purchased it along with the Al-Anon Twelve Steps & Twelve Traditions workbook. It explains the history behind Al-Anon and really helps me to work the program. I would recommend this book to anyone who is looking to get involved with Al-Anon!

As in all the Alanon books I've bought, this one is also a remarkable one. It's easy to follow and read with its thorough knowledge and examples of the twelve steps and twelve traditions and to take along to my recovery meetings. Thank you Alanon and thank you for your quick delivery!

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