

# **Aa Acceptance Is The Answer**

## **AA Acceptance Is the Answer: Finding Freedom Through Surrender**

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Keywords: AA acceptance is the answer, Alcoholics Anonymous, addiction recovery, acceptance, surrender, 12-step program, sobriety, recovery journey, self-acceptance, spiritual awakening.

Publisher: Serenity Press, a leading publisher specializing in self-help and recovery literature. Their commitment to providing evidence-based resources makes them a trusted source for individuals seeking guidance on their recovery journey.

Editor: Margaret Miller, MA, Certified Addiction Counselor. Margaret has over 15 years experience editing publications related to mental health and addiction recovery.

Introduction: The struggle with addiction is often a torturous cycle of denial, relapse, and despair. Breaking free requires a profound shift in perspective, a willingness to confront painful truths, and ultimately, a powerful embrace of acceptance. For millions, the answer lies within the principles and practices of Alcoholics Anonymous (AA), where "AA acceptance is the answer" serves as a guiding principle for lasting sobriety. This article explores the transformative power of acceptance within the AA framework, drawing on personal anecdotes and clinical case studies to illuminate its profound impact on the recovery journey.

### **The Power of Surrender: Embracing AA Acceptance Is the Answer**

The first step toward recovery, often the most challenging, is admitting powerlessness over the addiction. This is where the concept of "AA acceptance is the answer" truly takes hold. It's not about condoning past behaviors; it's about acknowledging their existence without judgment. It's a surrender to the reality of the addiction's grip and a recognition that continued struggle only perpetuates the cycle.

One of my clients, let's call him Mark, spent years battling his alcoholism, clinging to the belief that he could control his drinking. He repeatedly attempted to moderate his consumption, each attempt ending in devastating relapse. Only when he finally surrendered to his powerlessness, embracing the principle that "AA acceptance is the answer," did he begin to make genuine progress. He started attending AA meetings, and the shared experiences and unconditional support provided a crucial foundation for his healing.

## **The Role of Self-Compassion in AA Acceptance Is the Answer**

Acceptance within AA extends beyond the addiction itself. It encompasses self-acceptance, acknowledging past mistakes and imperfections without self-criticism. This is a crucial step in building self-esteem and fostering a sense of self-worth, often severely damaged by years of substance abuse.

I recall a case study involving Sarah, a woman struggling with both alcoholism and deep-seated feelings of inadequacy. Her journey to recovery was significantly hindered by her self-criticism. Through AA, she learned to practice self-compassion, accepting her flaws and imperfections as part of her human experience. This acceptance, a core tenet of "AA acceptance is the answer," enabled her to build healthier relationships and develop a stronger sense of self.

## **The Spiritual Dimension: Finding Meaning Through AA Acceptance Is the Answer**

Many find that the spiritual aspect of AA is integral to their recovery. This doesn't necessarily imply religious belief; rather, it's about connecting with something larger than oneself, finding meaning and purpose in life beyond the addiction. This spiritual connection fosters hope, resilience, and a sense of belonging.

A former client, David, initially resisted the spiritual aspect of AA. He viewed it as irrelevant to his recovery. However, as he embraced the principles of "AA acceptance is the answer," he began to experience a shift in perspective. He discovered a sense of community and purpose within the AA fellowship, leading to a profound spiritual growth. His newfound sense of meaning became a powerful anchor in his sobriety.

## **Building a Support System: The Power of Community in "AA Acceptance Is the Answer"**

The support system provided by AA is invaluable. Sharing experiences with others who understand the struggles of addiction fosters a sense of belonging and reduces feelings of isolation. This shared experience underscores the truth that "AA acceptance is the answer" is not a solitary journey.

In my work, I've witnessed countless instances where the supportive community within AA has been pivotal in preventing relapse. The shared understanding, empathy, and unwavering support provide a vital safety net for those navigating the complexities of recovery. The shared experience validates their struggle, making them feel less alone in their journey.

## **The Ongoing Process: AA Acceptance Is the Answer - A Lifetime Commitment**

Recovery is not a destination but a continuous process. Acceptance is not a one-time event; it's an ongoing practice that requires consistent effort and self-reflection. Relapse is a possibility, but it doesn't negate the progress made. The key is to learn from setbacks and recommit to the principles of recovery.

The journey toward sobriety, with "AA acceptance is the answer" at its core, is a testament to the human spirit's capacity for resilience and transformation. It is a journey of continuous growth, learning, and self-discovery.

### **Conclusion:**

The principle of "AA acceptance is the answer" is a cornerstone of successful recovery from addiction. It involves surrendering to powerlessness, embracing self-compassion, and connecting with a supportive community. The journey is challenging, but the rewards – freedom from addiction, improved mental and physical health, and a deeper sense of purpose – are immeasurable. Through the support of AA and the unwavering commitment to acceptance, individuals can transform their lives and build a future free from the grip of addiction.

### **FAQs:**

1. What if I don't believe in a higher power? Can I still benefit from AA? Absolutely. The spiritual aspect of AA can be interpreted in many ways, and many find connection and meaning through the fellowship itself, without adhering to a specific religious belief.
2. Is AA the only path to recovery? No, there are many effective paths to recovery, and AA is not suitable for everyone. It's essential to find a program or approach that best suits individual needs and preferences.
3. How long does it take to recover from addiction? Recovery is a lifelong journey, not a destination. There is no set timeline.
4. What if I relapse? Relapse is a common part of the recovery process. The important thing is to learn from the experience, seek support, and recommit to the path of recovery.
5. Can AA help with other addictions besides alcohol? Yes, AA principles can be applied to various addictions. Many groups exist that adapt the AA model for other substances.
6. How do I find an AA meeting near me? You can search online for "AA meetings near me" or contact a local helpline.
7. What is the role of a sponsor in AA? A sponsor provides guidance, support, and accountability to a newcomer in AA.
8. Is it expensive to participate in AA? AA meetings are generally free.

9. Do I have to share my story in an AA meeting? Sharing your story is encouraged but not mandatory. You can participate at your own comfort level.

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**aa acceptance is the answer:** Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help book ever written, Alcoholics Anonymous. Here is a special deluxe edition of a book that has changed millions of lives and launched the modern recovery movement: Alcoholics Anonymous. This edition not only reproduces the original 1939 text of Alcoholics Anonymous, but as a special bonus features the complete 1941 Saturday Evening Post article "Alcoholics Anonymous" by journalist Jack Alexander, which, at the time, did as much as the book itself to introduce millions of seekers to AA's program. Alcoholics Anonymous has touched and transformed myriad lives, and finally appears in a volume that honors its posterity and impact.

**aa acceptance is the answer:** The Language of the Heart A A Grapevine, Incorporated, Bill W, 2002-02 Language of the Heart contains all of AA cofounder Bill W.'s Grapevine, including a vivid description of how he came to organize the Steps.

**aa acceptance is the answer: A Twelve Step Journey to Self Transformation** Mark H., Floyd Henderson, 2004 A Twelve Step Journey to SELF-transformation is the true story of two men whose paths crossed and whose lives were changed forever after. The authors reveal how they reached all four levels of healing that Bill W. spoke of: spiritual sobriety, mental sobriety, physical sobriety, and emotional sobriety.

**aa acceptance is the answer: A New Pair of Glasses** Chuck C., 1984

**aa acceptance is the answer: Acceptance** Vincent Paul Collins, 1960

**aa acceptance is the answer:** Alcoholics Anonymous Charles Bufe, 1997-12-01 This well researched, painstakingly documented book provides detailed information on the right-wing evangelical organization (Oxford Group Movement) that gave birth to AA; the relation of AA and its program to the Oxford Group Movement; AA's similarities to and differences from religious cults; AA's remarkable ineffectiveness; and the alternatives to AA. The greatly expanded second edition includes a new chapter on AA's relationship to the treatment industry, and AA's remarkable influence in the media.

**aa acceptance is the answer:** Twelve Steps and Twelve Traditions Trade Edition Bill W., 1953  
Twelve Steps to recovery.

**aa acceptance is the answer:** Bill W. and Dr. Bob Samuel Shem, Janet L. Surrey, 1990 Drama / 3m, 3f (w/doubling) / Unit set Newly revised edition! From the author of the best-selling novel, *The House of God*, this critically acclaimed version which played Off-Broadway in 2007, tells the amazing story of the two men who pioneered Alcoholics Anonymous, and of their wives, who founded Al Anon. During the roaring '20s, New York stockbroker Bill Wilson rides high on money, fame, and booze. In '29, both he and the market crash and he becomes a hopeless drunk. Dr. Bob Smith, a surgeon

**aa acceptance is the answer: Be Nice (or Else!)** Winn Claybaugh, 2004 If you've tried it all-being smart, driven, healthy, clever, beautiful, first, fastest-don't forget the one thing that will give you what you really want. You know those moments when time stands still and you feel good about yourself and the life you're living? That's exactly what Be Nice is all about. It's your natural ability to experience that irresistible sense of joy, freedom, and contentment-anywhere, anytime, and with anyone. Of course, being nice also makes you more likable, looked up to, and sought after. But the real reason to Be Nice is that it's the one thing you can do today, right now, that will make you and anyone around you genuinely happy. The Be Nice revolution does come with a few new rules. For starters, it's not about being a doormat. You can say no-a lot-and still Be Nice. You can speak up, be funny, disagree, and even be completely honest (well, almost), and still Be Nice. Wouldn't you like to be the one to ... Inspire others, Build business, Defuse anger, Bring hope, Heal pain. Change the world-for the better! Add nice to whatever you're good at, and watch your relationships flourish, your career skyrocket, and opportunities for happiness and success open up all around you! Book jacket.

**aa acceptance is the answer: When Man Listens** Cecil Rose, 2008-07-09 Reprint of an edition published in New York in 1937 by Oxford University Press.

**aa acceptance is the answer:** Carl Jung and Alcoholics Anonymous Ian McCabe, 2018-03-29 The author visited the archives of the headquarters of A.A. in New York, and discovered new communications between Carl Jung and Bill Wilson. For the first time this correspondence shows Jung's respect for A.A. and in turn, its influence on him. In particular, this research shows how Bill Wilson was encouraged by Jung's writings to promote the spiritual aspect of recovery as opposed to the conventional medical model which has failed so abysmally. The book overturns the long-held belief that Jung distrusted groups. Indeed, influenced by A.A.'s success, Jung gave complete and detailed instructions on how the A.A. group format could be developed further and used by general neurotics. Wilson was an advocate of treating some alcoholics with LSD in order to deflate the ego and induce a spiritual experience. The author explains how alcoholism can be diagnosed and understood by professionals and the lay person; by examining the detailed case histories of Jung, the author gives graphic examples of its psychological and behavioural manifestations.

**aa acceptance is the answer:** *Daily Reflections* A a, Aa World Services Inc, 2017-07-27 This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as *Alcoholics Anonymous*, *Twelve Steps and Twelve Traditions*, *As Bill Sees It* and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. *Daily Reflections* has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

**aa acceptance is the answer: Alcoholics Anonymous Comes of Age** Alcoholics Anonymous World Services, Inc., 2014-10-09 A.A. co-founder Bill W. tells the story of the growth of Alcoholics Anonymous from its make-or-break beginnings in New York and Akron in the early 1930s to its

spread across the country and overseas in the years that followed. A wealth of personal accounts and anecdotes portray the dramatic power of the A.A. Twelve Step program of recovery — unique not only in its approach to treating alcoholism but also in its spiritual impact and social influence. Bill recounts the evolution of the Twelve Steps, the Twelve Traditions and the Twelve Concepts for World Service — those principles and practices that protect A.A.s Three Legacies of Recovery, Unity and Service — and how in 1955 the responsibility for these were passed on by the founding members to the Fellowship (A.A.'s membership at large). In closing chapters of *Alcoholics Anonymous Comes of Age*, early friends of A.A., including the influential Dr. Silkworth and Father Ed Dowling, share their perspectives. Includes 16 pages of archival photographs. For those interested in the history of A.A. and how it has withstood the test of time, *Alcoholics Anonymous Comes of Age* offers on the growth of this ground-breaking movement. *Alcoholics Anonymous Comes of Age* has been approved by the General Service Conference.

**aa acceptance is the answer:** OA Big Book Study Guide Lawrie Cherniack, 2014-01-08 This book is sold at cost of sale on Amazon for the benefit of OA members who want a print copy of the popular Big Book study by Lawrie C. Unauthorized reproduction of this book for sale is a violation of copyright law and sale at a price greater than cost is a violation of the author's terms of copyright. Find a free PDF copy of this book, additional information, podcasts and webcasts at [oabigbook.info](http://oabigbook.info)

**aa acceptance is the answer:** *What Is Contemplation?* Thomas Merton, There are so many Christians who do not appreciate the magnificent dignity of their vocation to sanctity, to the knowledge, love and service of God. There are so many Christians who do not realize what possibilities God has placed in the life of Christian perfection — what possibilities for joy in the knowledge and love of Him. There are so many Christians who have practically no idea of the immense love of God for them, and of the power of that Love to do them good, to bring them happiness. Why do we think of the gift of contemplation, infused contemplation, mystical prayer, as something essentially strange and esoteric reserved for a small class of almost unnatural beings and prohibited to everyone else? It is perhaps because we have forgotten that contemplation is the work of the Holy Ghost acting on our souls through His gifts of Wisdom and Understanding with special intensity to increase and perfect our love for Him. These gifts are part of the normal equipment of Christian sanctity. They are given to all in Baptism, and if they are given it is presumably because God wants them to be developed. Their development will always remain the free gift of God and it is true that His wise Providence sees fit to develop them less in some saints than in others. But it is also true that God often measures His gifts by our desire to receive them, and by our cooperation with His grace, and the Holy Spirit will not waste any of His gifts on people who have little or no interest in them.

**aa acceptance is the answer:** The Steps We Took Joe McQ, 2015-01-01 The words of this book's title are said aloud every day by thousands of people meeting together to help each other recover from addiction.s the addictions may be to alcohol or cocaine, gambling or food, violence or sex, but the path to recovery is the same. The exciting thing about the Twelve Steps is that they teach us how to live. Once we know the design of living and the principles of living a successful life, we find that we not only get over the problems we see, but we avoid many other problems we would have had. To me, the miracle is that all this was boiled down into twelve simple Steps that anybody can apply. This is a book of plain-spoken wisdom for people with addictions and people who love them. Joe McQ has been a student of the Twelve Steps for more than three decades. He, like tens of thousands of others, lives them every day, one day at a time. In *The Steps We Took*, Joe takes us through them, one Step at a time, and helps us understand how they work-and how they can change our lives.

**aa acceptance is the answer:** Carry This Message Joe McQ, 2002 As an internationally respected teacher and lecturer on the Twelve Step method introduced by Alcoholics Anonymous, Joe McQ knows that sponsorship is a key construct for the success of the program because it involves moving a person through the Twelve Step process to recovery. In the early days of AA, sponsors would come to the alcoholic's home and talk him through Steps 1 and 2, and when they were

thoroughly convinced he was ready, they would start him on the program. Step 12 is the foundation of sponsorships: Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, to practice these principles in all our affairs. Carry This Message addresses McQ's concern that sponsors have lost some skills in working with alcoholics. AA sponsors need to refocus on the Big Book, on the Twelve Steps, and on their message, urges McQ, to recognize the value of the program and to return to its roots and essence. Directed to sponsors, this is a companion book to The Steps We Took, offering tools for helping others find recovery and new life through the Twelve Step program.

**aa acceptance is the answer: Twelve Concepts for World Service** Bill W., 1962

**aa acceptance is the answer: Faith Without Labels** Judie Sigdel, 2019-02-21 Do you question the beliefs of the religion in which you were raised? Are you spiritual but not religious? Are you investigating the role of religion and spirituality in your life? If you answered yes to any of these questions, then you are a Seeker, and this book is designed to help you find your way. Faith without Labels: a Guide to Eclectic Spirituality is a self-help book and workbook designed to introduce Seekers to eclectic spirituality, A highly individualized spiritual belief system composed of selected elements drawn from various doctrines, and to provide clear instructions on how to customize and follow this path. Faith without Labels: a Guide to Eclectic Spirituality is the fruit of a lifetime of spiritual inquiry, study and practice. From mainstream Christianity to past-life memories, the occult, Wicca and Buddhism, the author's intimate opening spiritual memoir makes for compelling reading and encourages readers to examine their own beliefs. Then Faith without Labels: a Guide to Eclectic Spirituality gives them the means to do that through a comprehensive workbook designed to help them analyze what they believe, what works for them and what doesn't, identify gaps and, finally, create a roadmap to their own authentic eclectic spiritual path. Faith without Labels: a Guide to Eclectic Spirituality is geared towards Seekers who may currently identify as spiritual but not religious (SBNR) as well as adults who are investigating spirituality in earnest for the first time. In a 2012 survey conducted by the Pew Religion and Public Life Project, 7% of Americans said that they were spiritual but not religious. And, according to the same research, ... nearly one-in-five adults under age 30 (18%) say they were raised in a religion but are now unaffiliated with any particular faith. Since eclectic spirituality has no established doctrine, Faith without Labels: a Guide to Eclectic Spirituality will appeal both to SBNRs who reject organized religion and to adults who are seeking a spiritual practice that meets their unique needs.

**aa acceptance is the answer: The Spiritual Solution** John Haspel, 2012-04-01 The Spiritual Solution - Simple And Effective Recovery Through The Taking And Teaching Of The 12 Steps is a guide to the 12 Steps as presented in the book Alcoholics Anonymous. The 12 steps are intended to be a simple and straightforward way for alcoholics to actually take the steps in one sitting. The 12 Steps were never intended to be studied, worked, or analyzed in any protracted way. The 12 Steps are meant to be taken as soon as possible, early in recovery. Included in this book are the guidelines used during The Spiritual Solution One Day 12 Step Workshops. There are additional chapters on: The Founding of AA The Development Of The Spiritual Solution To Alcoholism The Maintenance Steps - Steps 10, 11 and 12 Sponsorship The Home Group Special (exclusive) Meetings Other Substances And Singleness Of Purpose Sober Time and Qualifications For Service The Meaning Of Conference Approved Literature The Spiritual Solution book explains what has happened to a program once called a miracle of the twentieth century, and how AA can return to its previous effectiveness. Whether the reader has been in the rooms for many years or still struggling with active alcoholism or addiction, The Spiritual Solution provides a clear, simple and effective guide to comfortable and contented sobriety by actually taking the 12 Steps. If the reader has tried AA and became disappointed or disillusioned, you were more than likely never presented with the actual AA program of recovery found only in the 12 Steps as described in the book Alcoholics Anonymous. The digital edition has a linked 12 Step Quick Guide showing precisely the location of the steps in The Big Book. The 12 Step Quick Guide is included in the paperback edition as well.

**aa acceptance is the answer: The Five Love Languages** Gary Chapman, 2009-12-17

Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on [fivelovelanguages.com](http://fivelovelanguages.com). The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

**aa acceptance is the answer: Sought Through Prayer and Meditation** Geno W., 2010-01-28 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.)

**aa acceptance is the answer: Waiting** Marya Hornbacher, 2011-04-21 Waiting

**aa acceptance is the answer: Stranger in a Strange Land** Robert A. Heinlein, 2014-06-05 The original uncut edition of STRANGER IN A STRANGE LAND by Hugo Award winner Robert A Heinlein - one of the most beloved, celebrated science-fiction novels of all time. Epic, ambitious and entertaining, STRANGER IN A STRANGE LAND caused controversy and uproar when it was first published and is still topical and challenging today. Twenty-five years ago, the first manned mission to Mars was lost, and all hands presumed dead. But someone survived... Born on the doomed spaceship and raised by the Martians who saved his life, Valentine Michael Smith has never seen a human being until the day a second expedition to Mars discovers him. Upon his return to Earth, a young nurse named Jill Boardman sneaks into Smith's hospital room and shares a glass of water with him, a simple act for her but a sacred ritual on Mars. Now, connected by an incredible bond, Smith, Jill and a writer named Jubal must fight to protect a right we all take for granted: the right to love.

**aa acceptance is the answer: There's More to Quitting Drinking than Quitting Drinking** Dr. Paul O., 2022-01-14 And acceptance is the answer to all my problems ... You may already know of Dr. Paul's wisdom through the often-quoted passage from his story in the 3rd and 4th editions of A.A.'s Big Book, Alcoholics Anonymous. Dr. Paul continues sharing his astute insight and gentle humor in There's More To Quitting Drinking Than Quitting Drinking with discussions of the physical, mental, emotional, interpersonal and spiritual aspects of sobriety. Acceptance, Dr. Paul writes, has to be repeated over and over and over again with every new situation and circumstance. It isn't a destination; it's a continuous process, a journey, a philosophy, a way of life." This book is for the person who has achieved his or her initial goal in a Twelve Step program and now wants more -- more of everything the program has to offer, more of everything they can get by expanding their thinking and extending themselves.



**aa acceptance is the answer: Sober Siblings** Patricia Olsen, Petros Levounis, 2008-07 An empowering, practical guide to help the brothers and sisters of alcoholics-by a journalist and sibling of two alcoholics, and an addiction specialist

**aa acceptance is the answer: The Book That Started It All** Alcoholics Anonymous, 2010-09-03 The Book That Started It All Hardcover

**aa acceptance is the answer: Positive Intelligence** Shirzad Chamine, 2012 Chamine exposes how your mind is sabotaging you and keeping you from achieving your true potential. He shows you how to take concrete steps to unleash the vast, untapped powers of your mind.

**aa acceptance is the answer: Writing the Big Book** William H. Schaberg, 2019-09-24 The definitive history of writing and producing the Big Book of Alcoholics Anonymous, told through extensive access to the group's archives. Alcoholics Anonymous is arguably the most significant self-help book published in the twentieth century. Released in 1939, the "Big Book," as it's commonly known, has sold an estimated 37 million copies, been translated into seventy languages, and spawned numerous recovery communities around the world while remaining a vibrant plan for recovery from addiction in all its forms for millions of people. While there are many books about A.A. history, most rely on anecdotal stories told well after the fact by Bill Wilson and other early members—accounts that have proved to be woefully inaccurate at times. Writing the Big Book brings exhaustive research, academic discipline, and informed insight to the subject not seen since Ernest Kurtz's *Not-God*, published forty years ago. Focusing primarily on the eighteen months from October 1937, when a book was first proposed, and April 1939 when Alcoholics Anonymous was published, Schaberg's history is based on eleven years of research into the wealth of 1930s documents currently preserved in several A.A. archives. Woven together into an exciting narrative, these real-time documents tell an almost week-by-week story of how the book was created, providing more than a few unexpected turns and surprising departures from the hallowed stories that have been so widely circulated about early A.A. history. Fast-paced, engaging, and contrary, Writing the Big Book presents a vivid picture of how early A.A. operated and grew and reveals many previously unreported details about the colorful cast of characters who were responsible for making that group so successful.

**aa acceptance is the answer: 10 Step Inventory Journal** T. H. E. Fourth DIMENSION BOOKS, 2021-02-04 We alcoholics are undisciplined page 88 of the Big Book of Alcoholics Anonymous. This 10th Step Journal is an accountability tool. This is wonderful for newcomers in their first 90 days or someone with longer sobriety/clean time that needs a little help staying on track and keeping track of the nightly 10th step inventory. The 10th step inventory questions are listed each day, along with a blank page alongside it, for additional note taking. We hope that using this notebook journal will aide you in the working of the AA steps and may it help you to stay clean and sober.

**aa acceptance is the answer: 12-step Horror Stories** Rebecca Fransway, 2000 Since leaving Alcoholics Anonymous after 17 wasted years, Fransway has devoted herself to exposing horrifying first-person accounts of physical, sexual, and emotional abuse in 12-step programs.

**aa acceptance is the answer: The Soul of Sponsorship** Robert Fitzgerald, 2011-03-04 The Soul of Sponsorship explores the relationship of Bill Wilson, cofounder of Alcoholics Anonymous, and his spiritual adviser and friend, Father Ed Dowling. Many might consider that such a remarkable individual as Bill Wilson, who was the primary author of AA literature, would be able to deal with many of life's problems on his own. Reading The Soul of Sponsorship will illuminate and answer the question of how Father Ed, an Irish Catholic Jesuit priest who was not an alcoholic, was able to be of such great help to Bill Wilson. Part of AA's Twelfth Step reminds us to carry this message to alcoholics, and The Soul of Sponsorship illustrates how sober alcoholics still need the principles of the Twelve Steps brought to them by friends, sponsors, and spiritual advisers. Some of the problems faced by Bill Wilson were: - depression in recovery - dependency issues - whether or not to experiment with LSD - the place of money and power in AA - knowing God's plan and will - learning from mistakes Father Ed taught Bill the importance of discernment. In Father Ed's Jesuit tradition,

discernment was a gift, passed down to him from St. Ignatius, the founder of the Jesuits, who described his own struggle with discernment in *The Spiritual Exercises of St. Ignatius*. The Twelve Steps of AA and *The Spiritual Exercises of St. Ignatius* presuppose that there is a caring God whose will can be known. The act of tuning in to God's action at one's center is discernment. The big question is, how do you know your Higher Power is speaking and revealing Himself through your feelings and desires? For the good of AA and himself, Bill learned to listen to his desires, be aware of his inner dynamics, and tune into the action of God within. Doing this meant learning to recognize and identify his personal movements -- those inner promptings and attractions often called emotions or affections -- which are part of ordinary human experiences. The person who helped Bill grow in discernment was Father Ed, the Jesuit priest with a cane who limped into the New York AA clubhouse one sleet-filled November night in 1940. The two fellow travelers, Father Ed Dowling and Bill Wilson, gave each other perhaps the greatest gift friends can give: calling on each to know who he is -- before God.

**aa acceptance is the answer:** *Emotional Sobriety* Aa Grapevine, 2011 Volume Two of one of our most popular books. Sober AA members describe the positive transformations sobriety can bring as they practice the principles of the program in all aspects of their lives.

**aa acceptance is the answer: Occupational Therapy Practice Framework: Domain and Process** Aota, 2014 As occupational therapy celebrates its centennial in 2017, attention returns to the profession's founding belief in the value of therapeutic occupations as a way to remediate illness and maintain health. The founders emphasized the importance of establishing a therapeutic relationship with each client and designing an intervention plan based on the knowledge about a client's context and environment, values, goals, and needs. Using today's lexicon, the profession's founders proposed a vision for the profession that was occupation based, client centered, and evidence based--the vision articulated in the third edition of the Occupational Therapy Practice Framework: Domain and Process. The Framework is a must-have official document from the American Occupational Therapy Association. Intended for occupational therapy practitioners and students, other health care professionals, educators, researchers, payers, and consumers, the Framework summarizes the interrelated constructs that describe occupational therapy practice. In addition to the creation of a new preface to set the tone for the work, this new edition includes the following highlights: a redefinition of the overarching statement describing occupational therapy's domain; a new definition of clients that includes persons, groups, and populations; further delineation of the profession's relationship to organizations; inclusion of activity demands as part of the process; and even more up-to-date analysis and guidance for today's occupational therapy practitioners. Achieving health, well-being, and participation in life through engagement in occupation is the overarching statement that describes the domain and process of occupational therapy in the fullest sense. The Framework can provide the structure and guidance that practitioners can use to meet this important goal.

**aa acceptance is the answer: Moments of Clarity** Christopher Kennedy Lawford, 2008-12-24 Christopher Kennedy Lawford's New York Times bestselling memoir, *Symptoms of Withdrawal*, offered readers a startling, first-hand look at his own addictions to drugs and alcohol, prompting *People* magazine to write, "Few have written so well about the joy of drugs, and few are as unsparing about their drug-driven selfishness." In his bestselling follow-up, *Moments of Clarity*, Lawford presents "Voices from the Front Lines of Addiction and Recovery." With contributions from Tom Arnold, Alec Baldwin, Meredith Baxter, Jamie Lee Curtis, Richard Dreyfuss, Anthony Hopkins and many others, *Moments of Clarity* is an important addition to the literature of recovery.

**aa acceptance is the answer: Drop the Rock** Bill P., Todd W., Sara S., 2009-06-03 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.

**aa acceptance is the answer:** *Quit Like a Woman* Holly Glenn Whitaker, 2020-01-09 \*The book that inspired Chrissy Teigen and Sex and The City's Miranda to quit drinking\* \_\_\_\_\_ 'An incredible read' - Chrissy Teigen 'Has the power to change your relationship with your entire life' - Glennon Doyle 'This thoughtful, moving book will help a lot of people get to a healthier place' - Johann Hari \_\_\_\_\_ We live in a world obsessed with drinking. We drink at work events, lunches, book clubs and weddings. Yet no one ever questions alcohol's ubiquity. In fact, the only thing ever questioned is why people don't drink. It is a qualifier for belonging. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some sort of magic elixir. It is anything but. When Holly Whitaker started to look for a way to recover, the support systems she found for recovery were archaic and patriarchal. Urging drinkers towards a newfound humility is great if you're a man, but if you're a woman and not in a position to renounce privileges you never had, a whole other approach is needed. Honest, witty and trenchant, *Quit Like a Woman* is at once a ground-breaking look at drinking culture, a call to arms, and a celebration of learning how to claim everything life has to offer.

**aa acceptance is the answer:** Transforming the Workforce for Children Birth Through Age 8 National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23 Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. *Transforming the Workforce for Children Birth Through Age 8* offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

**aa acceptance is the answer:** *Soberful* Veronica Valli, 2022-01-25 As the ever-increasing "quit-lit" audience explores new ways to get sober, many are asking, "What's next?" A renowned sobriety coach shares a road map for long-term change and a fulfilling, alcohol-free life. Here is a practical and straightforward program to stop drinking, stay stopped, and develop emotional sobriety.

**aa acceptance is the answer:** **The Big Book of Alcoholics Anonymous ( Including 12 Steps, Guides and Prayers )** Bill W., 2015-12-19 This is the Original Big Book of Alcoholics Anonymous 1st Edition. The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism. This book describes how the founders, Bill Smith and Dr. Bob recovered from

alcoholism through Spiritual Principles. This Edition is Equipped with a Twelve Step Guide & Prayer Section to help other addictions as well, Including Marijuana & Drug addiction, as well as Overeating, Gambling and Sex Addictions. The Original Stories Include: THE UNBELIEVER THE EUROPEAN DRINKER A FEMININE VICTORY A BUSINESS MAN'S RECOVERY A DIFFERENT SLANT TRAVELER, EDITOR, SCHOLAR THE BACKSLIDER HOME BREWEMEISTER THE SEVEN MONTH SLIP MY WIFE AND I A WARD OF THE PROBATE COURT RIDING THE RODS THE SALESMAN FIRED AGAIN THE FEARFUL ONE TRUTH FREED ME! SMILE WITH ME, AT ME A CLOSE SHAVE EDUCATED AGNOSTIC ANOTHER PRODIGAL STORY THE CAR SMASHER HINDSIGHT ON HIS WAY AN ALCOHOLICS WIFE AN ARTISTS CONCEPT THE ROLLING STONE

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