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The Big Book Of Alcoholics Anonymous



Synopsis

ALCOHOLICS ANONYMOUS: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism (generally known as The Big Book) is a 1939 basic text, describing how to recover from alcoholism, written by the founders of Alcoholics Anonymous (AA), Bill W. & Dr. Bob. It is the originator of the seminal "twelve-step method" widely used to attempt to treat many addictions, from alcoholism and heroin addiction to marijuana addiction, as well as overeating, sex addiction, gambling addiction, and family members of alcoholics, with a strong spiritual and social emphasis. It is one of the best-selling books of all time, having sold 30 million copies. In 2011, Time magazine placed the book on its list of the 100 best and most influential books written in English since 1923, the beginning of the magazine.

Book Information

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Best Sellers Rank: #43,154 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #2707 in Books > Health, Fitness & Dieting > Psychology & Counseling #4365 in Books > Self-Help

Customer Reviews

Needs no review- this book has saved tens of thousands of lives. I believe it is a modern revelation from the Universe. The ultimate truth on how to save ones own life. A spiritual program that is entirely down to earth.

This book is for everyone. This is a book that lays out behavior that will help all function more effectively in the world. Not just those affected by ETOH. It is spiritually based however it is non denominational and if one is not religious I do not feel the spirituality of the book would offend one. I do believe Our Lord has given us guidelines in another book. This book clarifies much and if one can open their eyes to their own contributions to their situations...this book will guide them...comfort

them and give one hope for a new future.

This book has been on my best seller list since 1984 when I first read it cover to cover. It is a text book for dealing with alcohol and drug addiction. It is primarily a spiritual text with stories in the latter half of people describing their lives at the end of their drinking and how they got sober. This book is designed to be an adjunct to AA meetings. The twelve steps as outlined in this text are best done with a sponsor. this person can be found by going to AA meetings.

Used book was in perfect condition with no marks or torn pages. The Big Book is the A.A. "bible" and although most of it was written in the late '30's and early '40's, it is totally relevant. An excellent "self-help" book that stresses our recovery is based on reliance on our higher power, however we perceive it to be. Atheists, agnostics, and people of any faith will benefit from these timeless principles. Even if your problem isn't alcohol, people with ANY obsession- drugs, gambling, porn, OCD, whatever, can be helped by reading and understanding this book. I can't recommend it too highly!

It's like the Bible; every time I read it I learn more truth. Open your mind, demonstrate willingness, try, get ready for a great life ahead of you.

I like it...if you have a drinking problem, misuse alcohol or just want to know, this is a pretty good book. alot of the stories are from old.

The original and still the best book written for alcoholics, outlining a plan of action for recovery and personal stories. The large print version was appreciated by aging eyes. Most jails/prisons will not accept a hardcover version of this book because inmates might make shanks out of them, so this was the book to send to a jailed friend.

The Big Book. The answers to life are in this book. Whether or not you're an alcoholic or someone "affected by the addiction of another."

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