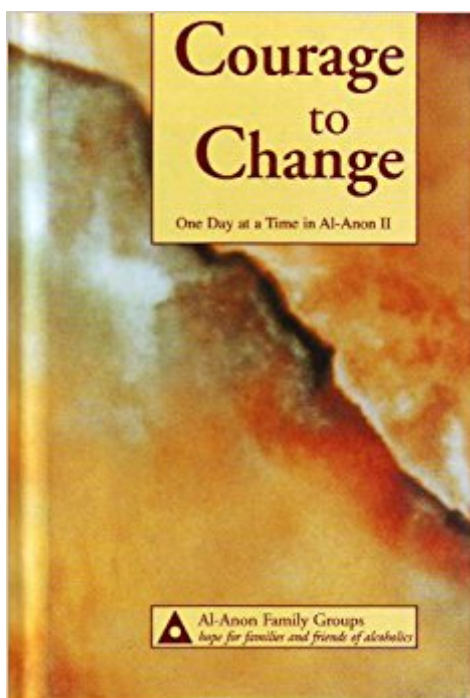


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# Courage To Change: One Day At A Time In Al-Anon II



## Synopsis

The daily meditations, reminders, and prayers from *Courage to Change* help families encourage their recovering alcoholic loved ones and point to Al-Anon's impact as a vital part of recovery.

## Book Information

Hardcover: 380 pages

Publisher: Al Anon Family Group Headquarters (June 1992)

Language: English

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Product Dimensions: 1 x 4 x 6.5 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.8 out of 5 stars 414 customer reviews

Best Sellers Rank: #6,308 in Books (See Top 100 in Books) #11 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#) #14 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare](#) #14 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

## Customer Reviews

This book is a gem. Not just for those with alcoholic family members. Can be applied to life and relationships in general. It is one of the first books I recommend to someone working 12 steps of any kind. And it is a go-to book for me on almost a daily basis. Has helped me keep perspective and be alert to unhealthy thoughts and behaviors that are so common to human life -- fear, control, blame, etc.

If you are working toward an authentic and drama-free life, and willing to rely on your Higher power to help you resolve your issues and move toward freedom, "*Courage to Change*" is a great daily reminder book of what it means to live at peace, forgiving yourself and your fellow man and enjoying life "just for today." This is very helpful for anyone in Al-Anon or Alateen, but not restricted to them. It's just common sense and helps you focus on living in the moment.

Although written for those in Al-Anon, it is fantastic for anyone taking their first step into alcohol recovery, too. I have had my well worn copy for years and have purchased many of these to give as gifts. The recipients have always told me that it helped them tremendously!

This is my favorite daily devotional style book of all time. It's a must have for anyone in recovery from any type of dysfunctional behavior.

Any one affected by alcoholism or drug addiction needs this book. It can get your life back to where you are the focus. It helps get your life back.

Very Fast Shipping! Great quality as expected! Awesome! Thank You!

daily messages of hope. can use in meetings as well.

I love the AFG publications - they have helped change my life!

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