

aa anonymous big book

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The AA Anonymous Big Book is a foundational text for Alcoholics Anonymous (AA), serving as both a spiritual guide and a practical resource for individuals seeking recovery from alcoholism. Since its first publication in 1939, the Big Book has become a worldwide symbol of hope, offering personal stories, insights, and the principles that underpin the AA program. Its significance extends beyond mere literature; it embodies a community dedicated to sobriety, support, and spiritual growth. This article provides a comprehensive overview of the AA Big Book, exploring its history, structure, core principles, and how it can serve as a valuable tool for those on the path to recovery.

What Is the AA Big Book?

The AA Big Book, officially titled *Alcoholics Anonymous*, is the primary text of Alcoholics Anonymous. Published initially in 1939, it contains a mixture of personal stories, the principles of the Twelve Steps, and practical advice for those struggling with alcohol addiction. It is often referred to colloquially as "the Big Book" due to its length and significance.

Key Features of the Big Book

- **Personal Recovery Stories:** The book includes firsthand accounts of individuals who have battled alcoholism and succeeded in maintaining sobriety through AA.
- **The Twelve Steps:** It introduces the core spiritual and behavioral framework that guides members through recovery.
- **Guidance and Philosophy:** Offers insights into the nature of alcoholism and the importance of spiritual growth, honesty, and community support.
- **Workbook and Study Material:** Serves as a resource for meetings, personal reflection, and group discussions.

The Big Book's accessible language and heartfelt stories make it a powerful tool for both newcomers and seasoned members of AA.

History and Development of the Big Book

The Origins of the Big Book

The first edition of the Big Book was authored primarily by co-founder Bill Wilson, with contributions from Dr. Bob Smith and other early members of AA. Recognizing the need for a shared resource, they compiled personal stories and principles into a single volume to help others understand and combat alcoholism.

Evolution Over Time

Since its initial publication, the Big Book has undergone multiple revisions and editions, reflecting

new stories, updated language, and additional insights. Major editions include:

- 1939 Edition: The original publication containing 12 stories.
- 1955 Edition: Expanded with new stories and clarifications.
- 2001 Edition: Included contemporary stories and updated language to resonate with modern audiences.
- Specialized Editions: Such as the Big Book for Young People or Big Book with Study Guide.

Significance of the Big Book in AA

The Big Book remains the spiritual and practical cornerstone of AA. Its widespread use and recognition have helped millions worldwide find hope and sobriety.

Structure and Content of the Big Book

The Big Book is organized into several key sections, each serving a specific purpose in the recovery journey.

Main Sections of the Big Book

1. Foreword and Preface

Introduces the purpose of the book and its role in AA.

2. Chapter 1: Bill's Story

The personal account of Bill Wilson's struggle with alcoholism and his path to sobriety.

3. Chapter 2: There Is a Solution

Discusses the nature of alcoholism and introduces the concept of a spiritual solution.

4. Chapter 3: More About Alcoholism

Explores the mental and physical aspects of addiction.

5. Chapter 4: We Agnostics

Addresses spiritual doubts and the importance of openness to a higher power.

6. Chapter 5: How It Works

Details the Twelve Steps and the process of recovery.

7. Chapter 6: Into Action

Practical advice on implementing the Twelve Steps.

8. Personal Stories

The remaining pages feature firsthand accounts of individuals' journeys to sobriety.

Additional Content

- Appendices and Resources

Guidance on meetings, sponsorship, and additional support.

Core Principles of the AA Big Book

The Big Book emphasizes several core principles crucial for recovery:

1. Honesty

Admitting powerlessness over alcohol and acknowledging the need for change.

2. Open-mindedness

Being receptive to spiritual and personal growth.

3. Willingness

Taking proactive steps toward sobriety, including making amends and seeking support.

4. Humility

Recognizing one's limitations and seeking help from a higher power or community.

5. Spiritual Awakening

Engaging in a spiritual transformation that fosters sobriety and personal peace.

How the Big Book Supports Alcoholics in Recovery

Personal Stories as Inspiration

The heartfelt stories serve as powerful testimonials, demonstrating that recovery is possible regardless of circumstances. They foster hope and relatability among newcomers.

Practical Guidance

The book offers clear instructions for working the Twelve Steps, including honest self-assessment, seeking spiritual connection, and making amends.

Community and Fellowship

The Big Book encourages participation in AA meetings, sponsorship, and community support, emphasizing that sobriety is a shared journey.

Spiritual Emphasis

While AA is non-denominational, the Big Book underscores the importance of a spiritual awakening, which can be tailored to individual beliefs.

How to Use the Big Book Effectively

For Newcomers

- Read the entire Big Book to understand the program's philosophy.
- Focus on personal stories to find relatable experiences.
- Use the book as a guide during meetings and personal reflection.

For Existing Members

- Revisit the stories and principles regularly.
- Use the chapters on the Twelve Steps as a framework for ongoing growth.
- Share insights from the Big Book with others in the fellowship.

Supplementary Resources

- Big Book Study Groups: Focused discussions on specific chapters.
- Workbooks and Guides: To deepen understanding and application.
- Online Resources: Digital versions and audio recordings.

Where to Find the AA Big Book

Purchase Options

- Local Bookstores: Many carry the Big Book in their self-help or spirituality sections.
- Online Retailers: Amazon, Barnes & Noble, and other online outlets.
- AA Websites: Official AA websites often offer free PDFs or purchase options.

Free Resources

- Online PDFs: Many AA groups provide free downloadable versions.
- Library: Local libraries may have copies available for borrowing.

Conclusion

The AA Anonymous Big Book remains a timeless and essential resource for anyone seeking recovery from alcoholism. Its blend of personal stories, spiritual principles, and practical guidance continues to inspire millions worldwide. Whether you're a newcomer looking for hope or a seasoned member seeking renewal, the Big Book offers a compassionate and effective path toward sobriety. Embracing its lessons can lead to a transformative journey of self-discovery, spiritual growth, and lasting recovery.

FAQs About the AA Big Book

1. Is the Big Book suitable for non-religious individuals?

Yes. While the Big Book emphasizes spirituality, it is non-denominational and encourages personal interpretation of a higher power, making it accessible to people of various beliefs.

2. Can I read the Big Book alone?

Absolutely. Many individuals find reading and reflecting on the Big Book helpful for their recovery journey, though participating in AA meetings is also recommended.

3. Is the Big Book only for alcoholics?

Primarily, it addresses alcoholism, but its principles of honesty, humility, and spiritual growth can be beneficial for those dealing with other addictions or personal struggles.

4. How long does it take to read the Big Book?

This varies depending on reading speed and engagement. Many read it over several weeks, allowing time for reflection on its stories and principles.

5. Are there study guides available for the Big Book?

Yes. Many organizations and AA groups offer study guides, workbooks, and discussion groups to deepen understanding.

Embrace the wisdom of the AA Big Book and take the first step towards lasting sobriety and spiritual fulfillment today.

Frequently Asked Questions

What is the AA Big Book and how does it relate to the anonymous program?

The AA Big Book, officially titled 'Alcoholics Anonymous,' is the foundational text of the Alcoholics Anonymous fellowship. It provides personal stories, the Twelve Steps, and guidance for sobriety. Its content is shared openly within meetings, but the program emphasizes anonymity to protect members' privacy and foster a safe environment.

How can I access the AA Big Book anonymously online?

You can access the AA Big Book online through official AA websites or trusted recovery platforms that offer free PDF downloads or digital versions. Many AA groups also distribute the Big Book anonymously, respecting members' privacy and the organization's confidentiality principles.

Why is anonymity important in the context of the AA Big

Book?

Anonymity in AA ensures members feel safe sharing their experiences without fear of stigma or personal repercussions. It fosters trust, humility, and equality within the fellowship, allowing individuals to seek help and work on recovery openly.

Are there specific guidelines for maintaining anonymity when discussing the AA Big Book in meetings?

Yes, AA meetings emphasize confidentiality and anonymity. Participants are asked not to disclose personal information outside meetings and to respect the privacy of others when sharing content from the Big Book or their personal stories during sessions.

Can I use the AA Big Book anonymously to support someone struggling with alcoholism?

Absolutely. Sharing excerpts from the AA Big Book or recommending it can be a helpful way to support someone. Always do so respecting their privacy and with their consent, emphasizing the importance of anonymity within the fellowship.

What are some common misconceptions about the AA Big Book and anonymity?

A common misconception is that sharing content from the Big Book breaches anonymity; however, the text is meant to be shared openly within the fellowship. Another myth is that anonymity is optional—it's a core principle that safeguards members' confidentiality and trust.

How does the AA Big Book support long-term sobriety through its teachings?

The Big Book offers personal stories of recovery, practical steps, and spiritual guidance that help individuals understand their addiction and develop coping strategies. Its emphasis on humility, service, and connection fosters a supportive environment conducive to sustained sobriety.

Are there digital or app versions of the AA Big Book that maintain anonymity?

Yes, several apps and digital platforms offer the AA Big Book for free or purchase. These digital versions often include privacy features to maintain user anonymity, and many are designed to be accessed discreetly, supporting confidentiality and safe sharing.

Additional Resources

AA Anonymous Big Book: An In-Depth Exploration of the Foundational Text of Alcoholics Anonymous

Introduction

AA Anonymous Big Book is more than just a publication; it is the cornerstone of Alcoholics Anonymous (AA) and a guiding light for countless individuals seeking sobriety. Published initially in 1939, the Big Book has evolved into a spiritual and practical manual that offers hope, structure, and community to those battling alcoholism. Its influence extends beyond the pages, shaping the philosophy and practices of AA worldwide. This article provides a comprehensive, technical yet accessible overview of the Big Book's history, structure, core principles, and its ongoing significance in addiction recovery.

The Origins of the Big Book: Historical Context and Development

The Birth of Alcoholics Anonymous

In the early 20th century, alcoholism was largely misunderstood and stigmatized. The prevailing medical and societal attitudes often viewed alcohol dependence as a moral failing rather than a disease requiring treatment. During this period, Bill Wilson and Dr. Bob Smith, two individuals struggling with alcoholism, met in Akron, Ohio, in 1935. Their friendship and mutual support catalyzed the birth of Alcoholics Anonymous.

The First Edition: A Groundbreaking Approach

The initial idea was to create a fellowship—a supportive community where individuals could share their experiences and find mutual aid. This led to the publication of the first edition of the Big Book in 1939, titled *Alcoholics Anonymous*. It was a groundbreaking document in that it combined personal stories with a structured program based on spiritual principles, emphasizing that alcoholism could be treated as a disease and that recovery was possible through a spiritual awakening and mutual support.

Evolution and Revisions

Since its original publication, the Big Book has undergone multiple revisions—most notably in 1955, 1976, and 2001—to clarify language, update stories, and incorporate new insights into alcoholism and recovery. Despite these updates, the core message remains consistent: the belief that alcoholism is a disease that can be managed through a spiritual and communal approach.

Structure of the Big Book: Analyzing Its Content and Layout

The Four Main Sections

The Big Book is traditionally divided into four key sections, each serving a specific purpose in guiding individuals through understanding and overcoming alcoholism:

1. Doctor's Opinion (Page xx)

An authoritative medical perspective on alcoholism as a disease, establishing its recognition within the medical community.

2. The Preface and The Twelve Steps

An introduction to AA's philosophy and the foundational Twelve Steps—an incremental process of

personal and spiritual growth.

3. Personal Stories

A collection of firsthand accounts from individuals who have struggled with and successfully recovered from alcoholism. These stories serve both as inspiration and as a means of normalizing the experience of addiction.

4. The Appendices and Additional Material

Supplementary resources, including references to spiritual practices, suggestions for newcomers, and historical notes.

Key Chapters and Their Significance

- Chapter 5: "How It Works"

This chapter explains the core philosophy of AA and the Twelve Steps, outlining the practical steps to sobriety and spiritual awakening.

- Chapter 6: "Into Action"

Focuses on the behavioral changes necessary to sustain sobriety, emphasizing actions such as making amends and continued self-assessment.

Core Principles of the Big Book

The Disease Model of Alcoholism

One of the most influential aspects of the Big Book is its framing of alcoholism as a disease rather than a moral failing. This concept was revolutionary at the time and helped shift societal perceptions, enabling more compassionate approaches to treatment.

Spirituality and Higher Power

The Big Book emphasizes the importance of spiritual awakening, often referencing a "Higher Power" as a central element of recovery. While it does not specify a particular religion, it advocates for a personal, spiritual connection as essential to overcoming addiction.

The Twelve Steps

The Twelve Steps are a set of guiding principles designed to promote personal growth, accountability, and spiritual development:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or

others.

10. Continued to take personal inventory and when wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will and the power to carry it out.

12. Having had a spiritual awakening as a result of these steps, carried the message to others and practiced these principles in all our affairs.

The Role of Personal Stories

The personal narratives serve to normalize the experience of addiction, demonstrate the diversity of paths to recovery, and reinforce the message that sobriety is achievable through shared experience and spiritual awakening.

The Impact and Significance of the Big Book

A Catalyst for the Addiction Recovery Movement

The Big Book is credited with establishing the principles that underpin not only AA but also many other mutual aid groups and treatment programs. Its influence extends into modern addiction medicine, emphasizing the importance of community, spiritual practices, and personal accountability.

Cultural and Societal Influence

By framing alcoholism as a disease and emphasizing recovery as a spiritual journey, the Big Book helped reduce stigma and promoted a more compassionate understanding of addiction. Its stories and principles have permeated popular culture, inspiring countless adaptations and related programs.

Ongoing Relevance

Despite advances in medical and psychological understanding of addiction, the Big Book remains a central resource for many in recovery. Its emphasis on spirituality and community continues to resonate with individuals seeking a supportive framework for sobriety.

Criticisms and Controversies

While the Big Book has been widely praised, it has also faced criticism:

- Spirituality-centric approach: Critics argue that its emphasis on a Higher Power may not resonate with secular individuals or those with different spiritual beliefs.
- Lack of clinical focus: Some mental health professionals feel that the Big Book's spiritual approach should complement, not replace, medical and psychological treatments.
- Cultural limitations: The language and stories reflect the cultural context of the 1930s and 1940s, which some feel may need adaptation for contemporary diverse audiences.

Despite these criticisms, the Big Book's foundational role in AA and its enduring influence remain

undisputed.

The Big Book in Modern Recovery

Integration with Other Treatments

Many recovery programs today integrate the principles of the Big Book with medical interventions, counseling, and harm reduction strategies. The book's emphasis on personal responsibility and community support complements psychological therapies.

Digital and Global Reach

Today, the Big Book is accessible online, translated into multiple languages, and used worldwide. AA meetings continue to be a vital resource for many, often referencing the Big Book as their primary guide.

Continual Updating and Reflection

While the core content remains unchanged, AA and related groups periodically reflect on how best to adapt the principles of the Big Book to contemporary issues, including mental health, co-occurring disorders, and cultural diversity.

Conclusion

AA Anonymous Big Book stands as a testament to the power of shared experience, spiritual awakening, and community in overcoming alcoholism. Its historical significance, structured approach, and compassionate philosophy have helped millions find hope and sobriety. As society continues to evolve in its understanding of addiction, the Big Book remains a foundational text—both a historical artifact and a living guide—offering timeless principles for those seeking to break free from the chains of alcohol dependence. Whether viewed through a spiritual lens or as a practical manual, its enduring legacy underscores the profound human capacity for recovery, growth, and renewal.

[Aa Anonymous Big Book](#)

aa anonymous big book: Alcoholics Anonymous, Fourth Edition Alcoholics Anonymous World Services, Inc., 2013-12-04 Known as the Big Book, the basic text of Alcoholics Anonymous has helped millions of people worldwide get and stay sober since the first edition appeared in 1939. Opening chapters articulate A.A.'s program of recovery from alcoholism — the original Twelve Steps — and recount the personal histories of A.A.'s co-founders, Bill W. and Dr. Bob. In the pages that follow, more than 40 A.A. members share how they stopped drinking and found a new healthier and more serene way of life through the Fellowship of Alcoholics Anonymous. Whether reading passages at meetings, reading privately for personal reflection, or working with a sponsor, the Big Book can be a source of inspiration, guidance and comfort on the journey to recovery. This Fourth Edition of

Alcoholics Anonymous has been approved by the General Service Conference.

aa anonymous big book: Plain Language Big Book: A Tool for Reading Alcoholics Anonymous Alcoholics Anonymous World Services, Inc., 2024-11-01 The Plain Language Big Book is a tool to help readers understand the book Alcoholics Anonymous, which was first published in 1939. This new book is designed so that the A.A. Twelve Step program of recovery from alcoholism may be easily understood by all people who have a desire to stop drinking. The Plain Language Big Book has been written to present the original ideas and same spiritual message of the Big Book, Alcoholics Anonymous in simpler language. The Plain Language Big Book covers the core content of what is the “abridged version” (the edition without personal stories) of the original Big Book. This book is General Service Conference-approved literature. This book has been published in accordance with Advisory Actions passed by substantial unanimity of the General Service Conference (GSC) of Alcoholics Anonymous. The final draft of the Plain Language Big Book was reviewed and approved by substantial unanimity at the 74th GSC, in April 2024.

aa anonymous big book: *The EZ Big Book of Alcoholics Anonymous* Member A.A., 2015-06-30 Finally! The book that thousands of alcoholics have been waiting for! An updated version of the Big Book of Alcoholics Anonymous. This edited revision of the old, basic text is reader-friendly and carries the exact same message as the 1939 version of Alcoholics Anonymous. It's written in a style that's friendly to readers of any gender, race, or spiritual path. Until now, Bill Wilson's 1939 book has never been edited for modern readers. This book is for: Women who object to the sexist language in the original Big Book. The EZ Big Book is gender neutral. All partners of alcoholics, including gays and lesbians. The EZ Big Book makes no assumption about the genders or marital status of partners. Alcoholics at all reading levels. The language is reader-friendly and journalistic in tone. Readers of any faith, including agnostics. The spiritual references in the book are all-encompassing. Non-English speakers. Readers for whom English is a second language buy the EZ Big Book because the writing is simple and direct. About the Author The author is a retired science and nature writer with double-digit of sobriety. Her last years of drinking took her to emergency rooms several times and finally to rehab.

aa anonymous big book: **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 anonymous big book: **A Program For You** Anonymous, 2009-10-23 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 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 one hundred AA members did.

aa anonymous big book: Alcoholics Anonymous Bill W., 2019-03-20 Handsome hardcover reprint of original edition, featuring all 29 stories of the program's pioneers and the key to the solution claimed by founder Bill Wilson, a vital spiritual experience that allows followers to rediscover God.

aa anonymous big book: *The Good Book and The Big Book* Dick B., 2011-08-05 According to A.A.'s Basic Text, Alcoholics Anonymous (affectionately known within A.A. as the Big Book), early A.A. achieved an astounding 75% success rate among seemingly-hopeless, medically-incurable, alcoholics who thoroughly followed the original Akron A.A. Christian fellowship program that A.A.'s cofounders, Bill W. and Dr. Bob, began to develop over the summer of 1935. And Dr. Bob's sponsee, Clarence Snyder, reported in the A.A. General Service Conference-approved book *DR. BOB and the Good Oldtimers* that early A.A. in Cleveland obtained a documented 93% success rate in working with such alcoholics. They did it by relying on God and by basing their relationship with Him on the principles of the Bible. This comprehensive history discusses the biblical sources from which A.A.'s founders said they obtained their recovery ideas--focusing particularly on the Sermon on the Mount, 1 Corinthians 13, and the Book of James. For many A.A.s, the Bible was a standard of truth upon which they could depend for the power and guidance that they needed in their lives. Author Dick B.--an active, recovered member of A.A., a bible student, and a sponsor of over 100 men in their recovery--here shows how a knowledge of A.A.'s Good Book roots can be used effectively to produce a high recovery rate in today's Twelve Step programs. **THE PURPOSE AND IMPORTANCE OF THE GOOD BOOK TITLED** Dick B. wrote *The Good Book and The Big Book: A.A.'s Roots in the Bible* to provide an accurate, comprehensive statement of the basic ideas and principles early AAs took from the Bible as they were developing their spiritual program of recovery and later the Big Book and the Twelve Steps. This title by Dick B. has stood the test of time. It is much in demand. It is now used in counselor training, Salvation Army programs, A.A. meetings, spiritual retreats for AAs and their families, and in seminars and programs for people in recovery, whether in A.A., Al-Anon, or such groups as CityTeam Ministries, the Association of Christian Drug and Alcohol Counselors, Overcomers Outreach, Footprints and Alcoholics Victorious. The Clarence Snyder Spiritual Retreats for AAs and their families, numerous participants in Celebrate Recovery meetings, and the International Christian Recovery Coalition also use this title as part of their study of Christian recovery.

aa anonymous big book: 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 anonymous big book: *Twelve-Step Guide to Using the Alcoholics Anonymous Big Book* Herb K., 2004 For members of any twelve-step fellowship, this book provides a simple and clear guide to the instructions for working the steps as outlined in A.A.'s Big Book. It reveals, in easy to understand language, the process for working each step, so that the reader can experience the Twelfth Step promise of a spiritual awakening.

aa anonymous big book: Alcoholics Anonymous - Big Book Special Edition - Including: Personal Stories Alcoholics Anonymous World Services, Aa Services, 2006-08 It's more than a book.

It's a way of life. Alcoholics Anonymous-the Big Book-has served as a lifeline to millions worldwide. First published in 1939, Alcoholics Anonymous sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. Personal stories have been added to reflect the growing and diverse fellowship. Key features and benefits - the most widely used resource for millions of individuals in recovery - contains full, original text describing AA program - personal stories We, of Alcoholics Anonymous, are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered is the main purpose of this book. For them, we hope these pages will prove so convincing that no further authentication will be necessary. We think this account of our experiences will help everyone to better understand the alcoholic. Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all. It is important that we remain anonymous because we are too few, at present to handle the overwhelming number of personal appeals which may result from this publication. Being mostly business or professional folk, we could not well carry on our occupations in such an event. We would like it understood that our alcoholic work is an avocation. When writing or speaking publicly about alcoholism, we urge each of our Fellowship to omit his personal name, designating himself instead as a member of Alcoholics Anonymous. Very earnestly we ask the press also, to observe this request, for otherwise we shall be greatly handicapped. We are not an organization in the conventional sense of the word. There are no fees or dues whatsoever. The only requirement for membership is an honest desire to stop drinking. We are not allied with any particular faith, sect or denomination, nor do we oppose anyone. We simply wish to be helpful to those who are afflicted. We shall be interested to hear from those who are getting results from this book, particularly from those who have commenced work with other alcoholics. We should like to be helpful to such cases. Inquiry by scientific, medical, and religious societies will be welcomed.

aa anonymous big book: *Alcoholics Anonymous* Bill W, 2021-02-22 Many thousands have benefited from The Big Book and its simple but profound explanation of the doctrines behind Alcoholics Anonymous, which was founded in 1935 by Bill Wilson and Dr. Bob Smith. This original 1939 edition outlines the famous 12 steps, and offers counsel for those who wish to join the program but doubt the existence of a higher power. It also contains encouraging personal stories, in which AA members relate their experiences with alcohol and how they found the path to sobriety. The Big Book has gone through numerous editions and remains the most widely used resource for recovering alcoholics. Only this original 1939 edition includes all 29 stories of the program's pioneers, which share the details of their full journey, including initial recovery, sometimes followed by relapse and eventual success. This edition also features the key to the solution claimed by Bill Wilson: a vital spiritual experience that allows followers to rediscover, or discover, God. This realistic portrayal of the program as offered by its founders has been lost in subsequent editions of the work, and is presented here to serve as a reminder that success comes in many forms.

aa anonymous big book: Alcoholics Anonymous Alcoholics Anonymous, 2001

aa anonymous big book: Twelve Steps and Twelve Traditions Alcoholics Anonymous World Services, Inc., 2013-12-18 Commonly referred to as the "Twelve and Twelve," Twelve Steps and Twelve Traditions comprises 24 foundational essays by Alcoholics Anonymous co-founder Bill W. that have helped millions of A.A. members worldwide both to get and stay sober "one day at a time," and to ensure that their Fellowship — Alcoholics Anonymous as a whole — will be there for them tomorrow. First published by Grapevine in 1952, the 12 essays in the book's opening expand upon each of A.A.'s landmark Twelve Steps — its program of recovery from alcoholism — with practical applications, helpful examples and personal insights, many of which enlarge upon themes raised in the Big Book of Alcoholics Anonymous. The second 12 illuminate the Twelve Traditions and explain how spiritual principles such as anonymity, humility and self-support serve to safeguard the unity of Alcoholics Anonymous and shield it from internal and external challenges. Whether read aloud at meetings, referred to while working with a sponsor, or turned to in a quiet moment, The Twelve Steps and Twelve Traditions can serve as a vital resource for those seeking a deeper understanding

of the Steps and Traditions. Twelve Steps and Twelve Traditions has been approved by the General Service Conference.

aa anonymous big book: Big Book Study Guides for AA Alcoholics Anonymous, 2014-11-07
Two Study Guides For the Big Book of Alcoholics Anonymous The first study guide has a summary of each book and then hundreds of follow up questions to answer and add sobriety notes. Can be used alone and in group meetings. The Dr.'s Opinion, More About Alcoholism, A Vision for You and all the rest are included. The second study guide is a smaller week by week exercise guide that is suited for group meetings. Can also be used for Narcotics Anonymous, Overeaters Anonymous and other Twelve Step Groups.

aa anonymous big book: *Experience, Strength and Hope* Alcoholics Anonymous World Services, Inc., 2015-03-18 Co-founder Bill W. was keenly aware of the importance of personal stories, writing, "The story section of the Big Book ... is our principal means of identifying with the reader outside of A.A., it is the written equivalent of hearing speakers at an A.A. meeting; it is our show window of the results." *Experience, Strength and Hope* offers back to the A.A. Fellowship the candor, wisdom and wit of 56 members whose stories are no longer available in the fourth edition of Alcoholics Anonymous. With each edition, new stories were added to reflect A.A.'s changing membership, while others had to be dropped. Numerous requests from A.A. members led to the publication of this book, where now can be found such classics as "A Feminine Victory," written by one of A.A.'s very first female members, and "The Car Smasher," by "A.A. Number 3" — third after the co-founders themselves. A.A. membership continues to grow and change, but the voices contained here will never be outdated. From poignant accounts of sorrow and loss to more raucous tales laced with deprecating humor, this collection of stories offer today's A.A. members the timeless gift of experience, strength and hope. *Experience, Strength and Hope* has been approved by the General Service Conference of Alcoholics Anonymous.

aa anonymous big book: **Alcoholics Anonymous Big Book Workbook** George B, 2012-03
The basic workbook of the Alcoholics Anonymous, which traces its roots, explores its precepts, and presents stories from participants that demonstrate the program's effectiveness.

aa anonymous big book: **Alcoholics Anonymous** Editor, 2021-02-19 Alcoholics Anonymous was founded in 1935 by Bill Wilson and Dr. Bob Smith, who developed the organization's twelve-step program. In 1939, they published this volume, which sets forth the cornerstone concepts of recovery and relates stories of those who have overcome alcoholism. Informally known as The Big Book, it has gone through numerous editions, and as a lifeline to millions worldwide, it is the most widely used resource for recovering alcoholics. Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease.

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