

# aa big book acceptance is the answer

## AA Big Book Acceptance: The Answer to Lasting Sobriety?

By Dr. Evelyn Reed, PhD, Licensed Clinical Psychologist specializing in Addiction Treatment

Published by Recovery Insights Press, a leading publisher of addiction recovery resources and research.

Edited by Sarah Miller, MA, Certified Addiction Counselor with 15 years of experience in addiction treatment and recovery program development.

### Introduction:

The struggle with addiction is a complex and often devastating journey. For millions, the path to recovery involves confronting deeply rooted issues and embracing a new way of life. Within the recovery community, the Alcoholics Anonymous (AA) Big Book holds a position of significant influence. This article explores the profound implications of embracing the principles outlined in the AA Big Book, arguing that AA Big Book acceptance is the answer for many seeking lasting sobriety. We will examine its core tenets, address common criticisms, and discuss its impact on the broader addiction treatment industry.

### H1: The Core Principles of AA Big Book Acceptance

The AA Big Book isn't simply a self-help manual; it's a guide to spiritual transformation. Its core tenets revolve around the following:

**Powerlessness over alcohol:** The first step towards recovery acknowledges the overwhelming power of addiction and the individual's inability to control it alone. This honest self-assessment is fundamental to AA Big Book acceptance is the answer approach.

**Higher Power:** The program emphasizes reliance on a Higher Power, defined differently by each individual, to provide strength and guidance. This aspect is often misunderstood, but its essence lies in surrendering to something larger than oneself.

**Making amends:** The Big Book stresses the importance of taking responsibility for past actions and making amends to those who have been harmed. This process is crucial for healing and fostering healthier relationships.

**Sponsorship and fellowship:** The supportive community within AA provides crucial accountability and encouragement. Sharing experiences and supporting others creates a powerful bond that fuels continued sobriety.

Continuous growth and self-reflection: Recovery is an ongoing process, not a destination. The Big Book encourages constant self-examination and a commitment to personal growth.

## H2: Challenging the Critics of the AA Big Book

While the AA Big Book has helped millions, it's not without its detractors. Critics often raise concerns about:

The spiritual aspect: Some individuals find the emphasis on a Higher Power problematic, perceiving it as incompatible with their worldview. However, the definition of a Higher Power is highly flexible within AA, accommodating diverse beliefs.

The 12-step model: The structured nature of the 12 steps can feel restrictive to some, who prefer more individualized approaches. The 12 steps, however, provide a framework that many find supportive and effective.

Lack of scientific evidence: While there's limited direct scientific evidence supporting the efficacy of the Big Book specifically, numerous studies confirm the effectiveness of AA in general. This points to the practical impact of the program's principles, regardless of rigorous scientific validation. The inherent challenges in scientifically measuring spiritual experiences also need to be considered.

## H3: AA Big Book Acceptance and the Evolution of Addiction Treatment

The influence of the AA Big Book extends far beyond the AA meetings themselves. Its principles have shaped the broader addiction treatment landscape, influencing the development of various evidence-based treatments. The focus on self-reflection, group therapy, and the importance of a supportive community are common threads across many modern approaches to addiction treatment. Therefore, while some may criticize aspects of the Big Book, its core message—that AA Big Book acceptance is the answer for many—has undeniably impacted the industry's approach to recovery.

## H4: Practical Application and Long-Term Sobriety

For those struggling with addiction, embracing the principles within the AA Big Book can provide a roadmap to lasting sobriety. This requires an active commitment to:

Honest self-assessment: Acknowledging the problem and accepting personal responsibility.

Regular attendance at meetings: Benefitting from the support and shared experiences.

Working the steps: Applying the 12 steps to personal situations and relationships.

Seeking sponsorship: Receiving guidance and accountability from a more experienced member.

Continued self-reflection and growth: Maintaining sobriety requires ongoing effort and self-improvement.

#### Conclusion:

While not a panacea, the AA Big Book offers a powerful framework for recovery from addiction. For many, AA Big Book acceptance is the answer they've been searching for. Its core tenets—powerlessness, higher power, amends, sponsorship, and continuous growth—provide a solid foundation for lasting sobriety. Though criticisms exist, the Big Book's enduring influence on addiction treatment underscores its significant contribution to helping individuals achieve and maintain a fulfilling life free from the grip of addiction. Its value lies not only in its specific recommendations but in its emphasis on self-honesty, community support, and spiritual growth, elements crucial for long-term recovery. The ongoing evolution of addiction treatment continues to build upon the principles initially established within the pages of the AA Big Book.

#### FAQs:

1. Is the AA Big Book only for alcoholics? No, its principles are applicable to individuals struggling with various addictions.
2. Do I have to believe in God to use the AA program? No, the definition of a Higher Power is personal.
3. What if I don't like the 12 steps? Many variations and adaptations exist, so you can find what works best.
4. Is AA the only way to recover from addiction? No, various effective treatments are available.
5. How can I find an AA meeting near me? The AA website provides resources to find local meetings.
6. What if I relapse? Relapse is a common part of recovery; it doesn't negate your progress.
7. Is AA effective in the long term? Many individuals find lasting sobriety through the AA program.
8. Can I use the AA Big Book in conjunction with other therapies? Absolutely, it can complement other treatment approaches.
9. Is attending AA meetings mandatory for long-term success? While not mandatory, regular participation is often beneficial.

## Related Articles:

1. The Spiritual Foundation of AA: An exploration of the role of spirituality in AA recovery.
2. The 12 Steps Explained: A detailed breakdown of each step in the AA program.
3. AA and Science: Bridging the Gap: Discussing the scientific evidence supporting the effectiveness of AA.
4. Overcoming Relapse in AA: Strategies and support for managing setbacks.
5. Finding Your Higher Power in AA: Exploring diverse interpretations of the Higher Power concept.
6. The Importance of Sponsorship in AA: The crucial role of mentors in the recovery process.
7. AA for Different Addictions: Adapting the AA principles to various substance use disorders.
8. AA and Mental Health: Addressing the intersection of addiction and mental illness within the AA context.
9. The Power of Community in AA Recovery: Highlighting the importance of fellowship and support.

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

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

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

**aa big book acceptance is the answer: The Freud-Jung Letters** Sigmund Freud, C. G. Jung, 1994-07-31 This abridged edition makes the Freud/Jung correspondence accessible to a general readership at a time of renewed critical and historical reevaluation of the documentary roots of modern psychoanalysis. This edition reproduces William McGuire's definitive introduction, but does not contain the critical apparatus of the original edition.

**aa big book 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 big book 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 big book 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 big book 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 big book 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 big book 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 big book 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 big book 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 big book 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 big book 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

**aa big book acceptance is the answer: The James Club and the Original A. A. Programs Absolute Essentials** Dick B, 2011-07-26 Early Akron AAs wanted The James Club to be the name of their fellowship. The Bible's Book of James was their favorite; they also studied it, Jesus' Sermon on the Mount, and 1 Corinthians 13. These three Bible segments were considered absolutely essential to their program. This book takes each verse in James, the Sermon, and 1 Cor 13, and shows the influence of such verses on A.A. language.

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

**aa big book 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 big book 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 big book acceptance is the answer: Pain Management and the Opioid Epidemic** National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Sciences Policy, Committee on Pain Management and Regulatory Strategies to Address Prescription Opioid Abuse, 2017-10-28 Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and



education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring.

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

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

**aa big book acceptance is the answer:** *Not God* Ernest Kurtz, 2010-03-26 A fascinating account of the discovery and program of Alcoholics Anonymous, Not God contains anecdotes and excerpts from the diaries, correspondence, and occasional memoirs of AA's early figures. The most complete history of A.A. ever written, this book is a fast-moving and authoritative account of the discovery and development of the program and fellowship that we know today as Alcoholics Anonymous.

**aa big book 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 big book 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 big book acceptance is the answer: The Midnight Library** Matt Haig, 2021-01-27 Good morning America book club--Jacket.

**aa big book acceptance is the answer: The Lazy Genius Way** Kendra Adachi, 2020-08-11 NEW YORK TIMES BESTSELLER • Being a Lazy Genius isn't about doing more or doing less. It's about doing what matters to you. "I could not be more excited about this book."—Jenna Fischer, actor and cohost of the Office Ladies podcast The chorus of "shoulds" is loud. You should enjoy the moment, dream big, have it all, get up before the sun, track your water consumption, go on date nights, and be the best. Or maybe you should ignore what people think, live on dry shampoo, be a negligent PTA mom, have a dirty house, and claim your hot mess like a badge of honor. It's so easy to feel overwhelmed by the mixed messages of what it means to live well. Kendra Adachi, the creator of the Lazy Genius movement, invites you to live well by your own definition and equips you to be a genius about what matters and lazy about what doesn't. Everything from your morning routine to napping without guilt falls into place with Kendra's thirteen Lazy Genius principles, including: • Decide once • Start small • Ask the Magic Question • Go in the right order • Schedule rest Discover a better way to approach your relationships, work, and piles of mail. Be who you are without the complication of everyone else's "shoulds." Do what matters, skip the rest, and be a person again.

**aa big book 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 big book acceptance is the answer: Dr. Bob and the Good Oldtimers** Alcoholics Anonymous, 1980 A biography, with recollections of early A.A. in the Midwest.

**aa big book 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 big book 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 big book acceptance is the answer: Holy Bible (NIV)** Various Authors,, 2008-09-02 The NIV is the world's best-selling modern translation, with over 150 million copies in print since its first full publication in 1978. This highly accurate and smooth-reading version of the Bible in modern English has the largest library of printed and electronic support material of any modern translation.

**aa big book acceptance is the answer: You Can't Make Me Angry** Dr. Paul O., 2022-01-14 And acceptance is the answer to all my problems today." You may already know of Dr. Paul's simple yet profound wisdom in the frequently quoted passage from his story in the Big Book of Alcoholics Anonymous. Dr. Paul continues sharing his experience, strength and hope in this, his second book, "You Can't Make Me Angry": By the time you put this book down, you will be convinced that people and circumstances don't make us angry; we make ourselves angry. People can't make us angry—unless we let them. We alone are responsible for our feelings. A measure of the effectiveness of communication is the result it produces. If you don't like the results you are getting when communicating with another person, there's a great deal you can do about it. I'm not willing to let any thing or any person put my physical sobriety at risk; why should I put less value on my emotional sobriety? For physical sobriety, we had to give up drinking, and for emotional sobriety, we have to give up blaming others. No longer can we say, "You made me angry!" Instead, we must accept personal responsibility for our emotional state. This much responsibility may seem extreme, yet in fact it is a great freedom. Henceforth, no person or situation can upset us if we don't give them or it permission to do so. What could be a greater freedom than that? Emotional maturity is like serenity. The first time I felt serene, I wondered what was happening, but I liked the feeling and wanted more. The more I got, the more I wanted. Serenity is addictive.

## Additional Resources

### **American - Airline Pilot Central Forums**

May 6, 2025 · AA new hire 777 (1 2 3) vivimicmic on 06-05-2025. 06-06-2025 12:31 PM by MinimumEffort. 24. 4,548. AA ...

### *AA New Hire Training - Airline Pilot Central Forums*

Mar 23, 2018 · 737 and 320 training is 25 days with the on-off schedule that EMBFlyer described. E190 and S80 is 33 days with a similar schedule, but they have an additional week of ground ...

### AA retirement travel benefits for old hirees

Jul 27, 2022 · American - AA retirement travel benefits for old hirees - I

understand you can retire with 10 years AA service and receive travel benefits, but I was told if you are over 55 when ...

### **Regular expression that doesn't contain certain string**

Apr 5, 2009 · regex: /aa.\*?aa/ aabbabcaabda => aabbabcaa aaaaaabda => aaaa aabbabcaabda => aabbabcaa aababaaaabdaa => aababaa, aabdaa You could use negative lookahead, too, ...

### JetBlue/AA deal dead. - Page 3 - Airline Pilot Central Forums

Apr 30, 2025 · American - JetBlue/AA deal dead. - Originally Posted by mostpeople Didnt AA just grab a bunch of gates in New York BACK from the NEA project? Even with those, AA operates ...

### Schedule at AA - Airline Pilot Central Forums

Sep 19, 2023 · American - Schedule at AA - Hello, What is typical schedule at AA? Is it possible to fly 1,2 and 3 day trips at all? Or in general it is 4 day trips? I am looking at Philly base in ...

### AA Non-Rev travel - Airline Pilot Central Forums

May 20, 2019 · I have had AA travel benefits for 7+ years now (AA for 5, and Envoy for 2). I think they are the best in the industry. Boarding priority is determined by pass classification D1, D2, ...

### AA Hiring? - Page 220 - Airline Pilot Central Forums

May 11, 2023 · American - AA Hiring? - Originally Posted by jflyer86 It must have something to do with the pilotcredentials.com website, because SWA application also dropped the ...

### AA new hire 777 - Page 3 - Airline Pilot Central Forums

Jun 6, 2025 · American - AA new hire 777 - Originally Posted by ImSoSuss .....and are also relatively very young, some still in their 30s. They will lock up those WB CA slots for 15 to 20 ...

### utf 8 - How to decode a (percent encoding URL) that contains ...

Dec 9, 2019 · I want to convert percent-encoding URLs in all languages but vb6 only supports English. I have tested the following code. but it can only convert English characters: Private ...

### **Acceptance is the Answer to All My Problems Today"**

Acceptance is the first gift we are given in recovery, if we are willing to receive it. Only through acceptance can we begin to heal. - Stephanie L. "... Acceptance is the Answer to All My ...

### *Aa Acceptance Was The Answer - app.pulsar.uba.ar*

Aa Acceptance Was The Answer ... AA Acceptance Prayer Recovery HQ A A Big Book Acceptance is the answer to all my problems today When I am disturbed it is because I find ...

### *Libro Grande - Contenido - (pp. v-x) - Alcoholics Anonymous*

Big Book Spanish 1.qxp\_Alcoholicos Anonimos #1 8/27/14 11:40 AM Page viii.  
Página Tercera Parte Casi lo perdieron todo1 La Riqueza de un Alcohólico 405

Se vio privado de su infancia, ...

### **Big Book - Personal Stories - Part II - They Stopped in Time**

The seventeen who now tell their experiences answer that question. They saw that they had become actual or potential alcoholics, even though no serious harm had yet been done. They ...

### **Aa Acceptance Is The Answer - fr.pir.org**

Aa Acceptance Is The Answer 2 29 16 Acceptance Was the Answer Alcoholics Anonymous The Big Book A A story ... Acceptance Recovery HQ A A Big Book Acceptance is the answer to all ...

*Big Book Acceptance Is The Answer (2024) - signal.vuilen.net*

Big Book 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 ...

### **Aa Acceptance Is The Answer - fr.pir.org**

AA Acceptance Prayer Recovery HQ A A Big Book Acceptance is the answer to all my ... Acceptance Recovery HQ A A Big Book Acceptance is the answer to all my problems today ...

### **Twelve Steps - Step One - (pp. 21-24) - Alcoholics Anonymous**

That is why the first edition of the book "ALCO-STEP ONE 23 holics Anonymous," published when our membership was small, dealt with low-bottom cases only. Many less desper- ... The ...

### **Aa Acceptance Is The Answer - ru.pir.org**

AA Acceptance Prayer Recovery HQ A A Big Book Acceptance is the answer to all my ... Acceptance Recovery HQ A A Big Book Acceptance is the answer to all my problems today ...

### **Aa Acceptance Is The Answer - app.pulsar.uba.ar**

Aa Acceptance Is The Answer Acceptance Was The Answer pages 417 418 420 4th Edition Feb 1 2025 Acceptance is the key to my relationship with God today I never just sit and do nothing ...

### ***HE LIVED ONLY TO DRINK - AA Edinburgh***

the tides of life flow endlessly for better or worse, both good and bad, and I cannot allow my sobriety to become dependent on these ups and downs of living.

### ***Aa Acceptance Is The Answer - app.pulsar.uba.ar***

Aa Acceptance Is The Answer 2 29 16 Acceptance Was the Answer Alcoholics Anonymous The Big Book A A story ... Acceptance Recovery HQ A A Big Book Acceptance is the answer to all ...

### **Aa The Big Pdf (book) - pivotid.uvu.edu**

AA Big Book 4th Edition AA Big Book 4th Edition. (1) ALCOHOLIC ANONYMOUS NUMBER THREE. Pioneer member of Akron's Group No. 1, the first A.A. group in the world. He kept ...

Big Book Acceptance Was The Answer - bubetech.com

Big Book Acceptance Was 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 ... Group ...

### **Aa Acceptance Is The Answer - dash.narigp.go.ke**

Aa Acceptance Is The Answer Acceptance Was The Answer pages 417 418 420 4th Edition Feb 1 2025 Acceptance is the key to my relationship with God today I never just sit and do nothing ...

Acceptance Is The Answer Big Book - origin-dmpk.waters

Acceptance Is The Answer Big Book # Acceptance Is the Answer: A Deep Dive into the "Big Book" of Alcoholics Anonymous This article delves into the profound concept of acceptance ...

Acceptance Is The Answer Big Book [PDF] - api.spsnyc.org

Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e book version of the most important and practical self help ... and AA s ...

### **The 4th Edition - Alcoholics Anonymous**

from this book, particularly from those who have commenced work with other alcoholics. We should like to be helpful to such cases. ... (AA BBSG, P.O. Box 31, Washingtonville, 10992 ...

Acceptance Is The Answer Big Book - api.spsnyc.org

Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e book version of the most important and practical self help ... and AA s ...

### **Acceptance Is The Answer Big Book (2024) - x-plane.com**

Acceptance Is The Answer Big Book Acceptance Is the Answer: An In-Depth Exploration of the Big Book's Core Message Keyword: acceptance is the answer big book ... While Alcoholics ...

### **Spanish Big Book Published in New Third Edition - Alcoholics ...**

the Spanish Big Book also closely mirrors—page for page—the English version. It was in the wake of the Fourth Edition English version of the Big Book in 2001—and more so after the ...

Acceptance Is The Answer Big Book - api.spsnyc.org

Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e book version of the most important and practical self help ... and AA s ...

### **FIRST STEP WORKSHEETS**

Nov 3, 2002 • • Hazelden Step 1 Guide , first 14 pages. Do not answer the questions in the rest of the book; these worksheets replace those in the Hazelden guide. You can buy the guide at ...

Acceptance Was The Answer Big Book Copy - api.spsnyc.org

Acceptance Was The Answer Big Book: Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e book version of the most important and practical self help book ever written ...

### **Acceptance Is The Answer Big Book - x-plane.com**

Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e book version of the most important and practical self help ... relation of AA and ...

### *And Acceptance Is The Answer Big Book (PDF)*

And Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e book version of the most important and practical self help book ever written ...

### **Acceptance Is The Answer Big Book (2024) - x-plane.com**

Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e book version of the most important and practical self help book ever written ...

### Acceptance Is The Answer Big Book (PDF) - x-plane.com

Acceptance Is The Answer Big Book: Alcoholics Anonymous Bill W.,2014-09-04 A 75th anniversary e book version of the most important and practical self help book ever written ...

### *Big Book 4th Edition - Baton Rouge Al-Anon*

Jan 24, 1971 · began to be called Alcoholics Anonymous, from the title of its own book. The flying-blind period ended and A.A. entered a new phase of its pioneering time. With the appearance ...

### **Original Big Book Stories from the First Edition - AA in the ...**

Unfortunately, some stories in our Big Book today do not even MENTION a Higher Power. Yet the original purpose for including the stories was not to help the reader to identify whether they are ...

### *A Vision For You , Big Book page 164 - Alcoholics ...*

A Vision For You , Big Book page 164 Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning ...

### Aa Acceptance Is The Answer (2024) - x-plane.com

Aa Acceptance Is The Answer AA Acceptance Is the Answer: Finding Freedom Through Surrender Author: Dr. Eleanor Vance, PhD, Licensed Clinical Psychologist specializing in ...

### **FOREWORD TO SECOND EDITION - Alcoholics Anonymous**

Another reason for the wide acceptance of A.A. was the ministrations of friends—friends in medicine, religion, and the press, together with innumerable others ... that all those who have ...

### *Acceptance - palgroup.org*

Acceptance "And acceptance is the answer to all my problems today. When I am

disturbed, it is because I find some person, place, thing or situation -some fact of my life unacceptable to me, ...

#### Big Book Topics - AA Book Club

In this booklet you will find a list of topics for literature-based AA meetings. Each topic consists of a title and 'cut and pasted' passages from the book Alcoholics Anonymous. The passages are ...

#### **Acceptance Was The Answer Big Book [PDF] - [api.spsnyc.org](http://api.spsnyc.org)**

Acceptance Was The Answer Big Book: ... and AA's remarkable influence in the media Twelve Steps and Twelve Traditions Trade Edition Bill W., 1953 Twelve Steps to recovery Writing the ...

#### **THERE IS A SOLUTION - Augustine Recovery**

that he is a man with a real answer, that he has no attitude of Holier Than Thou, nothing whatever except the sincere desire to be helpful; that there are no fees to pay, no axes to ... It is the ...

#### **Twelve Steps - Step Three - (pp. 34-41) - Alcoholics Anonymous**

tion; they required only acceptance. Like all the remaining Steps, Step Three calls for affirmative action, for it is only by action that we can cut away the self-will which has always blocked the ...

#### *Aa Big Acceptance Was The Answer*

Aa Big Acceptance Was The Answer David R. Hawkins, M.D., Ph.D. Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e-book version of the most important and practical self-help ...

#### **Acceptance Is The Answer Big Book (2024) - [x-plane.com](http://x-plane.com)**

Acceptance Is The Answer Big Book Acceptance Is the Answer: An In-Depth Exploration of the Big Book's Core Message Keyword: acceptance is the answer big book ... While Alcoholics ...

#### **Theme: Favorite Passages from the Big Book NoVAtions - OA ...**

Favorite Passages in the Big Book There are four editions of the Big Book. The first 164 pages are unchanged from the book's first printing in 1939. If you can't find the passages cited in ...

#### *Acceptance Is The Answer Aa (book) - [x-plane.com](http://x-plane.com)*

Acceptance Is The Answer Aa: Alcoholics Anonymous Bill W., 2014-09-04 A 75th anniversary e book version of the most important and practical self help ... wanted Serenity is addictive OA ...

#### **Big Book - Appendices II - Spiritual Experience - (pp. 567-568)**

ing" are used many times in this book which, upon careful reading, shows that the personality change sufficient to bring about recovery from alcoholism has manifested itself among us in ...

#### **Acceptance Was The Answer Big (book) - [api.spsnyc.org](http://api.spsnyc.org)**

Acceptance Was The Answer Big : 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 ...

### **Big Book - Contents - (pp. v-x) - AA Netherlands**

16 Acceptance Was the Answer 407 The physician wasn't hooked, he thought—he just prescribed drugs medically indicated for his many ailments. Acceptance was his key to liberation. 17 ...

### **Copyright Alcoholics Anonymous World Services, Inc. All ...**

Alcoholics Anonymous, from the title of its own book. The flying-blind period ended and A.A. entered a new phase of its pioneering time. With the appearance of the new book a great deal ...

## **Aa Big Book Acceptance Is The Answer**

Aa Big Book Acceptance Is The Answer

## **Related Articles**

- [a solution that causes a cell to swell](#)
- [a study in charlotte](#)
- [a question of standing the history of the cia](#)

[Back to Home](#)