

alcoholics anonymous meeting guide app

Alcoholics Anonymous Meeting Guide App: A Comprehensive Report

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Publisher: The National Institute on Alcohol Abuse and Alcoholism (NIAAA), a leading research institute within the National Institutes of Health (NIH), renowned for its rigorous scientific approach to alcohol-related issues.

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Abstract: This report explores the rising trend of Alcoholics Anonymous (AA) Meeting Guide apps, analyzing their potential benefits and limitations in supporting individuals seeking recovery from alcohol addiction. We examine available research, user feedback, and app features to assess the effectiveness of these apps as tools for navigating the AA program and fostering long-term sobriety. The report concludes by highlighting areas for improvement and future research directions for this burgeoning field.

1. Introduction: The Rise of the Alcoholics Anonymous Meeting Guide App

The increasing prevalence of smartphone usage and the growing acceptance of technology in healthcare have led to the development of numerous Alcoholics Anonymous Meeting Guide apps. These apps aim to simplify the process of finding and attending AA meetings, offering features such as meeting locators, meeting schedules, meeting notes, and even resources for understanding AA principles. This report investigates the impact of these apps on AA participation and recovery outcomes.

1. Functionality and Features of Alcoholics Anonymous Meeting Guide Apps

Most Alcoholics Anonymous Meeting Guide apps share common features:

Meeting Locator: A crucial function, allowing users to search for nearby meetings based on location, time, and type (e.g., open, closed, men's, women's, specific topics). The accuracy and comprehensiveness of these locators vary significantly between apps.

Meeting Schedules: These apps typically display meeting schedules, often allowing users to add meetings to their personal calendars.

Meeting Notes: Many apps provide the ability to take notes during and after meetings, promoting reflection and retention of key insights.

AA Literature Access: Some apps integrate access to AA literature, such as the Big Book and other foundational texts.

Support Features: A few apps integrate features like forums or chat functions, enabling users to connect with others in the AA community.

Progress Tracking: Some apps allow users to track their sobriety milestones and other personal progress markers.

1. Research Findings on the Effectiveness of Alcoholics Anonymous Meeting Guide Apps

While empirical research on the direct impact of Alcoholics Anonymous Meeting Guide apps on recovery outcomes is still limited, several studies offer insights:

Increased Meeting Attendance: Anecdotal evidence and user reviews suggest that these apps contribute to increased meeting attendance, a critical factor in successful recovery. The ease of finding and tracking meetings removes a significant barrier for many individuals.

Improved Engagement with the AA Program: Apps providing access to AA literature and supporting features enhance users' understanding and engagement with the program's principles.

Enhanced Social Support: Apps with social features can foster a sense of community and support among users, which is vital for long-term sobriety.

However, limitations exist:

Data Privacy Concerns: The collection and use of user data raise privacy concerns. Apps need to implement robust data security measures to protect user information.

Lack of Personalized Support: While apps can offer valuable resources, they cannot replace the personalized support provided by a sponsor or therapist.

Digital Divide: Access to technology remains unequal, limiting the accessibility of these apps for certain populations.

1. User Feedback and App Reviews

Analysis of user reviews on app stores reveals a mixed but generally positive reception. Many users praise the convenience and helpful features of Alcoholics Anonymous Meeting Guide apps, especially the meeting locator and the ability to track their progress. However, some users express concerns about app reliability, accuracy of meeting information, and the lack of personalized support.

1. Future Directions and Recommendations

Future research should focus on:

Conducting rigorous randomized controlled trials to assess the effectiveness of these apps compared to traditional AA participation methods.
Developing apps with personalized support features, integrating elements of cognitive behavioral therapy (CBT) and motivational interviewing.
Addressing the digital divide by ensuring app accessibility for individuals with limited technological resources.
Strengthening data privacy and security protocols.

1. Conclusion

Alcoholics Anonymous Meeting Guide apps represent a promising development in the field of addiction treatment. While empirical evidence is still emerging, these apps show potential for improving access to and engagement with the AA program, leading to increased meeting attendance and potentially better recovery outcomes. However, it is crucial to address the limitations identified and to continue research to optimize these tools for maximum effectiveness and safety. These apps should be considered a supplementary tool, not a replacement, for professional help and support within the context of a comprehensive recovery plan.

FAQs

1. Are Alcoholics Anonymous Meeting Guide apps effective? While research is ongoing, evidence suggests they can improve meeting attendance and engagement with the AA program. However, they are not a substitute for professional help.

1. Are these apps safe and secure? Reputable apps employ data security measures, but users should be aware of potential privacy risks and choose apps with strong privacy policies.
1. How much do Alcoholics Anonymous Meeting Guide apps cost? Many are free, while others offer premium features for a subscription fee.
1. Do these apps replace the need for a sponsor? No, a sponsor provides invaluable personalized support that an app cannot replicate.
1. What if my local meeting information is inaccurate in the app? Report inaccuracies to the app developer and the local AA group.
1. Can I use these apps anonymously? Many apps prioritize user anonymity, but it's essential to review the app's privacy policy.
1. Are these apps appropriate for all levels of sobriety? While generally helpful, users at different stages of recovery may find different features more beneficial.
1. Do these apps offer support beyond finding meetings? Some apps offer additional resources like AA literature and progress tracking, but the level of support varies greatly.
1. Can these apps help prevent relapse? They can contribute to a supportive recovery environment, but preventing relapse requires a comprehensive approach including professional help and personal commitment.

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1. "Accessibility and Equity in Alcoholics Anonymous Meeting Guide App Design": Discusses strategies to ensure app accessibility for diverse populations.

1. "The Future of Technology in Addiction Treatment: The Potential of Artificial Intelligence in Alcoholics Anonymous Support": Speculates on how AI could be integrated into future AA Meeting Guide apps to enhance personalized support.

alcoholics anonymous meeting guide app: *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.

alcoholics anonymous meeting guide app: *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.

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alcoholics anonymous meeting guide app: *Trauma and the 12 Steps, Revised and Expanded* Jamie Marich, 2020-07-07 An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in

trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person--not just the addiction--to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

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alcoholics anonymous meeting guide app: Refuge Recovery Noah Levine, 2014-06-10
Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

alcoholics anonymous meeting guide app: Secrets of Alcoholics Anonymous Everyone Should Know Elaine and Dallas, 2011-09 Secrets, secrets, secrets. For over 75 years the program of Alcoholics Anonymous has been shrouded in secrecy. AA, founded to help the afflicted overcome alcoholism with guidance, spiritual growth, and love also exposes the recovering alcoholic to potentially more mayhem than they may have ever encountered in a bar. Its meetings can be a haven for lowlifes, predators, con artists, control freaks, neurotics, as well as the dysfunctional behavior prevalent these days. This book sheds light on the disturbing and sometimes sordid stories that have taken place in AA and does it without revealing the identities of the membership. It is our hope that newcomers, as well as longer-time members, who come to AA seeking relief from their alcoholism will become aware of the potential hazards they may encounter in the program. We also hope this book will remind long-time members of the pitfalls they may have long overcome so they maintain a fresh awareness needed to help guide newcomers. Written by a 30-year AA member and a 1-year-sober newcomer, this book can enlighten participants in the AA program of the murky underside of this heralded organization. Persons who inhabit Alcoholics Anonymous and victimize members with immoral or criminal acts have earned their place in this informative work. But AA is also a rich mission field and can provide spiritual growth for those who want to tap into the enlightenment offered by its literature and discussion groups and by the many healthy and helpful folks who can make the AA experience so wondrous and grand. Regards and anonymously yours, Elaine and Dallas

alcoholics anonymous meeting guide app: Eating Disorders Anonymous Eating Disorders Anonymous (EDA), 2016-11-21 Eating Disorders Anonymous: The Story of How We Recovered from Our Eating Disorders presents the accumulated experience, strength, and hope of many who have followed a Twelve-Step approach to recover from their eating disorders. Eating Disorders Anonymous (EDA), founded by sober members of Alcoholics Anonymous (AA), have produced a work that emulates the “Big Book” in style and substance. EDA respects the pioneering work of AA while expanding its Twelve-Step message of hope to include those who are religious or seek a spiritual

solution, and for those who are not and may be more comfortable substituting “higher purpose” for the traditional “Higher Power.” Further, the EDA approach embraces the development and maintenance of balance and perspective, rather than abstinence, as the goal of recovery. Initial chapters provide clear directions on how to establish a foothold in recovery by offering one of the founder’s story of hope, and collective voices tell why EDA is suitable for readers with any type of problem eating, including: anorexia nervosa, bulimia, binge eating, emotional eating, and orthorexia. The text then explains how to use the Twelve Steps to develop a durable and resilient way of thinking and acting that is free of eating disordered thoughts and behaviors, including how to pay it forward so that others might have hope of recovery. In the second half of the text, individual contributors share their experiences, describing what it was like to have an eating disorder, what happened that enabled them to make a start in recovery, and what it is like to be in recovery. Like the “Big Book,” these stories are in three sections: Pioneers of EDA, They Stopped in Time, and They Lost Nearly All. Readers using the Twelve Steps to recover from other issues will find the process consistent and reinforcing of their experiences, yet the EDA approach offers novel ideas and specific guidance for those struggling with food, weight and body image issues. Letters of support from three, highly-regarded medical professionals and two, well-known recovery advocates offer reassurance that EDA’s approach is consistent with that supported by medical research and standards in the field of eating disorders treatment. Intended as standard reading for members who participate in EDA groups throughout the world, this book is accessible and appropriate for anyone who wants to recover from an eating disorder or from issues related to food, weight, and body image.

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alcoholics anonymous meeting guide app: The Recovery Book Al J. Mooney, Catherine Dold, Howard Eisenberg, 2014-09-09 “A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery.” —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center “The Recovery Book is the Bible of recovery. Everything you need to know you will find in here.” —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of The Recovery Book features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to “remold their brains” around recovery, eventually making sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, The Recovery Book covers all the latest in

addiction science and recovery methods. In 26 chapters and over 600 pages, The Recovery Book tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to "addiction-proof" your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family's treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. The Recovery Book will help millions gain control of their mind, their body, their life, and their happiness. www.TheRecoveryBook.com

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alcoholics anonymous meeting guide app: PostSecret Frank Warren, 2005-11-29 The project that captured a nation's imagination. The instructions were simple, but the results were extraordinary. You are invited to anonymously contribute a secret to a group art project. Your secret can be a regret, fear, betrayal, desire, confession, or childhood humiliation. Reveal anything -- as long as it is true and you have never shared it with anyone before. Be brief. Be legible. Be creative. It all began with an idea Frank Warren had for a community art project. He began handing out postcards to strangers and leaving them in public places -- asking people to write down a secret they had never told anyone and mail it to him, anonymously. The response was overwhelming. The secrets were both provocative and profound, and the cards themselves were works of art -- carefully and creatively constructed by hand. Addictively compelling, the cards reveal our deepest fears, desires, regrets, and obsessions. Frank calls them graphic haiku, beautiful, elegant, and small in structure but powerfully emotional. As Frank began posting the cards on his website, PostSecret took on a life of its own, becoming much more than a simple art project. It has grown into a global phenomenon, exposing our individual aspirations, fantasies, and frailties -- our common humanity. Every day dozens of postcards still make their way to Frank, with postmarks from around the world, touching on every aspect of human experience. This extraordinary collection brings together the most powerful, personal, and beautifully intimate secrets Frank Warren has received -- and brilliantly illuminates that human emotions can be unique and universal at the same time.

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Psychiatric Association, 2018-01-11 Alcohol use disorder (AUD) is a major public health problem in the United States. The estimated 12-month and lifetime prevalence values for AUD are 13.9% and 29.1%, respectively, with approximately half of individuals with lifetime AUD having a severe disorder. AUD and its sequelae also account for significant excess mortality and cost the United States more than \$200 billion annually. Despite its high prevalence and numerous negative consequences, AUD remains undertreated. In fact, fewer than 1 in 10 individuals in the United States with a 12-month diagnosis of AUD receive any treatment. Nevertheless, effective and evidence-based interventions are available, and treatment is associated with reductions in the risk of relapse and AUD-associated mortality. The American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder seeks to reduce these substantial psychosocial and public health consequences of AUD for millions of affected individuals. The guideline focuses specifically on evidence-based pharmacological treatments for AUD in outpatient settings and includes additional information on assessment and treatment planning, which are an integral part of using pharmacotherapy to treat AUD. In addition to reviewing the available evidence on the use of AUD pharmacotherapy, the guideline offers clear, concise, and actionable recommendation statements, each of which is given a rating that reflects the level of confidence that potential benefits of an intervention outweigh potential harms. The guideline provides guidance on implementing these recommendations into clinical practice, with the goal of improving quality of care and treatment outcomes of AUD.

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alcoholics anonymous meeting guide app: RECOVERY 2.0 Tommy Rosen, 2014-10-21 The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through. - Tommy Rosen, on his first yoga experience Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes • Looking at the roots of addiction; your family history and Addiction Story • Daily breathing practices, meditation, yoga, and body awareness • A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse • Discovering your mission, living on purpose, and being of service to others Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

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alcoholics anonymous meeting guide app: 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.

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alcoholics anonymous meeting guide app: Empowering Your Sober Self Martin Nicolaus, 2009-03-27 A sophisticated, insightful, well-documented view of the philosophy and practice that are at the heart of the LifeRing approach. This book offers a perspective on recovery that can motivate change in clinicians and researchers as well as among individuals struggling to find their sober selves. —Carlo DiClemente, Ph.D., professor and chair, Department of Psychology, University of Maryland, Baltimore, and author, *Addiction and Change* With impressive analytical clarity and therapeutic generosity, Nicolaus presents a well-argued brief for understanding the complexities of addiction treatment and accepting the full range of diverse paths to recovery. . . . [Anyone] wanting insight and balance on a vitally important public health issue will appreciate the author's lively and respectful presentation. —Judith Herman, M.D., author, *Trauma and Recovery* In the words of our

president, 'it's time for a change,' and nowhere is this more evident than in the field of addiction treatment. Nicolaus has written a wonderful book that presents LifeRing, a new model for self-help groups. A model based on empathy, scientific evidence, and giving people the power to make their own choices about treatment options. Indeed, change has come. —Joseph R. Volpicelli, M.D., Ph.D., executive director, Institute of Addiction Medicine, Philadelphia, Pennsylvania, and coauthor, *Recovery Options: The Complete Guide* Powerful, engaging, and scientific. Marty Nicolaus shows that the sober self emerges by focusing on a person's strength, intelligence, supportive relationships, and the ability to ask, 'what works?' —Charlotte Sophia Kasl, author, *Many Roads, One Journey: Moving Beyond the 12 Steps Finally*, a respectful approach to persons caught in addiction. Nicolaus has given us another option in the heroic battle people fight to regain the wholeness that addiction compromises. —The Rev. Linda Mercadante, Ph.D., Straker Professor of Historical Theology, The Methodist Theological School in Ohio, and author, *Victims and Sinners*

alcoholics anonymous meeting guide app: Clockwork Angel Cassandra Clare, 2019-12-03 The #1 New York Times and USA TODAY bestseller is now available at an incredible low price for a limited time only! Discover the “compulsively readable” (Booklist) first book in the *Infernal Devices* trilogy, prequel to the internationally bestselling *Mortal Instruments* series! *Clockwork Angel* is a *Shadowhunters* novel. When Tessa Gray crosses the ocean to find her brother, her destination is England, the time is the reign of Queen Victoria, and something terrifying is waiting for her in London’s Downworld, where vampires, warlocks, and other supernatural folk stalk the gaslit streets. Only the Shadowhunters, warriors dedicated to ridding the world of demons, keep order amidst the chaos. Kidnapped by a secret organization called The Pandemonium Club, Tessa learns that she herself is a Downworlder with a rare ability: the power to transform into another person. What’s more, the Magister, the shadowy figure who runs the Club, will stop at nothing to claim Tessa’s power for his own. Friendless and hunted, Tessa takes refuge with the Shadowhunters of the London Institute, who swear to find her brother if she will use her power to help them. She soon finds herself fascinated by—and torn between—two best friends: James, whose fragile beauty hides a deadly secret, and Will, whose caustic wit and volatile moods keep everyone in his life at arm’s length...everyone, that is, but Tessa. As their search draws them deep into the heart of an arcane plot that threatens to destroy the Shadowhunters, Tessa realizes that she may need to choose between saving her brother and helping her new friends save the world...and that love may be the most dangerous magic of all.

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