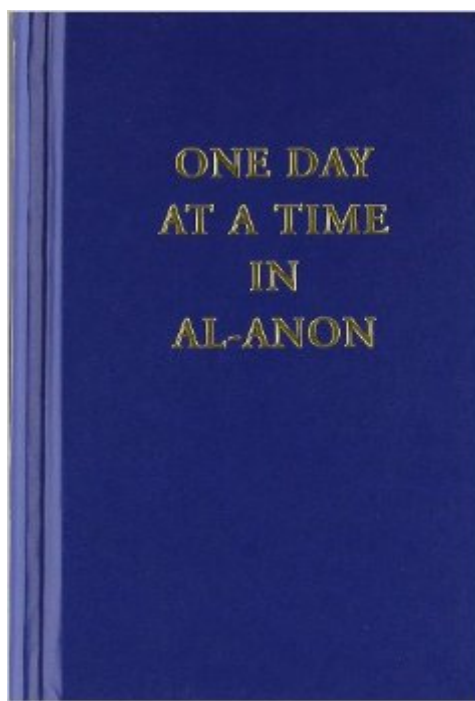


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# One Day At A Time In Al-Anon



## Synopsis

One Day at a Time in Al-Anon

## Book Information

Hardcover: 367 pages

Publisher: Al Anon Family Group Headquarters (1987)

Language: English

ISBN-10: 0910034214

ISBN-13: 978-0910034210

Product Dimensions: 1 x 4.2 x 6.2 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (219 customer reviews)

Best Sellers Rank: #4,082 in Books (See Top 100 in Books) #3 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare](#) #3 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #8 in [Books > Textbooks > Social Sciences > Psychology > Psychopathology](#)

## Customer Reviews

This is the first daily readings guide book for family and friends of alcoholics I used in my recovery in al-anon. It is filled with the greatest wisdom, empathy, warmth and love I have ever encountered. I have been referring to it daily for 12 years. I read the date to begin my day and by topic to meet all my needs. It is a book that does give courage, strength and hope to all whose lives have been affected by alcoholism and gives a guide for living for those of us who know we are going to live, but don't know how.

I agree with the reviewer who found this book a little harsh. The advice is "old school" al-anon -- focused on the wife of an AA member. It's all about becoming more agreeable, not arguing with him, not complaining when he spends all his time in AA. If you are an adult child of an alcoholic, there is precious little advice for you here. You might want to check out HOPE FOR TODAY or COURAGE TO CHANGE.

I went to my first Al-Anon meeting 25 years ago. I consider "One Day At A Time" one of the greatest books ever written. It helped me to change my life for the better and I am convinced that it actually saved my life. Alcoholism is often a chronic condition; those who live with active alcoholics know too

well how lonely and isolating it can be. The "ODAT" helps to restore a sense of well-being in what can be a chaotic home environment.

I read the daily message everyday to help me deal with life's issues....this book is not just helpful with dealing with an alcoholic but many obstacles we face in our lifetime.....very inspiring...

I find this meditation book a little harsh, although there are some strong insights. I prefer the other Al-Anon mediation books:Â Courage to Change: 1 Day at a Time in Al-Anon IIÂ orÂ Hope for Today. Both of these newer books provide similar insights with a much kinder voice. If you are dealing with active addiction in your life, these books will help, even if you decide not to attend Al-Anon. Remember the three C's: "I didn't cause it; I can't control it; I can't cure it." (Paths to Recovery: Al-Anon's Steps, Traditions and Concepts, p. 14)

This book is a standard, maybe even a classic, and is probably one of the first "daily meditation" type books ever published. I read it looking for ideas that can help me and disregarding those that don't. No direct advice is ever given as to what to do about a particular situation. Instead, the reader is directed to turn to a "higher power" for help when confusion, depression, rage or other problems set in. This higher power is self-defined. In conjunction with the Al-Anon meetings, this book helps me change my life for the better, one day at a time, primarily by improving my own attitudes and behavior. I would recommend this book to everyone.

Great books-great for daily meditations, great for any of the 12 step programs.

Wonderful, inspirational book of daily readings for families of Alcoholics and Drug-Addicts.

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