

CATALOG

of Al-Anon Conference
Approved Literature




Al-Anon Family Groups
Help and hope for families and friends of alcoholics

Al-Anon Conference Approved Literature (CAL) presents the Al-Anon program to members of our fellowship and the public at large. All Al-Anon CAL bears this seal along with the words:



Approved by
World Service Conference
Al-Anon Family Groups

This seal and statement give the assurance that the literature is produced only by Al-Anon and is consistent with the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service of Al-Anon Family Groups.

The Al-Anon/Alateen literature and materials in this catalog are available at:

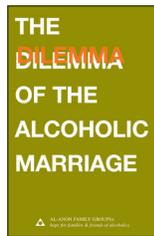
*Al Anon Information Service
2480 Browncroft Blvd.*

*Suite 140
Rochester NY 14525*

AL-ANON BOOKS

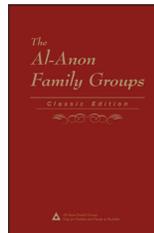
The Dilemma of the Alcoholic Marriage

Help for the spouse in dealing with problems in alcoholic relationships. Discusses anger, communication, sex, and more. Indexed, softcover. 102 pages. **B-4 \$10.50**



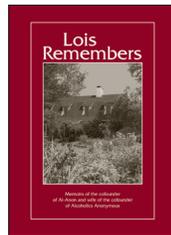
The Al-Anon Family Groups—Classic Edition

Al-Anon's first book, in its original text, remains pertinent, connecting us with our pioneer members' legacy. With an added introduction, footnotes, and appendix. Indexed. 196 pages. **B-5 \$14.00**



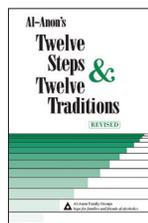
Lois Remembers

Al-Anon's beginnings, as recalled by our cofounder, Lois W. She also describes the eventful years leading up to the founding of A.A. and Al-Anon. Illustrated, indexed, softcover. 208 pages. **B-7 \$13.00**



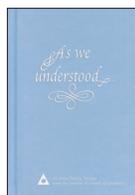
Al-Anon's Twelve Steps & Twelve Traditions (Revised)

Our first two Legacies, the Twelve Steps and Twelve Traditions, come alive through essays, reflections, and members' stories. Indexed. 164 pages. **B-8 \$12.00**



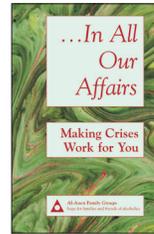
As We Understood . . .

Spirituality, Al-Anon style. Members share their understanding of the spiritual ideas and tools of the Al-Anon program. Indexed. 273 pages. **B-11 \$13.00**



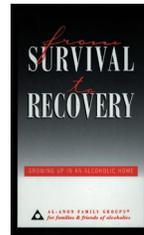
. . . In All Our Affairs: Making Crises Work for You

Facing difficult situations, members reveal how they applied specific Al-Anon principles. Includes overcoming problems of abuse, death, infidelity, and more. Indexed, softcover. 255 pages. **B-15 \$14.00**



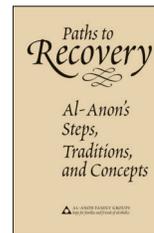
From Survival to Recovery: Growing Up in an Alcoholic Home

Al-Anon adult children tell their stories. Explores the long-term effects of being raised with alcoholism, and why Al-Anon can help. Indexed. 303 pages. **B-21 \$18.00**



Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts

Thorough study guide for our Legacies. In-depth chapters on each Step, Tradition, and Concept of Service provide insight. Includes thought-provoking questions. Indexed. 366 pages. **B-24 \$21.00**



K-31 \$27.00 Set includes *Paths to Recovery* (B-24) and *Paths to Recovery Workbook* (P-93).

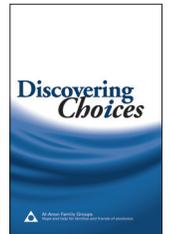
Opening Our Hearts, Transforming Our Losses

Grief and loss affect almost every aspect of living—or having lived—with alcoholism. Members share how they have learned to acknowledge and accept these losses with the help of Al-Anon Family Groups. Indexed, softcover. 201 pages. **B-29 \$16.00**



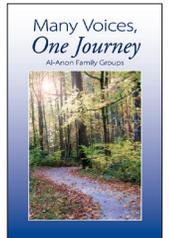
Discovering Choices—Recovery in Relationships

Members share how they have improved a wide variety of relationships affected by alcoholism by using the program's tools. Indexed, softcover. 335 pages. **B-30 \$17.00**



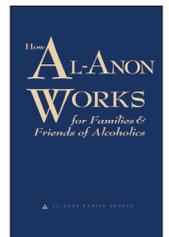
Many Voices, One Journey—Al-Anon Family Groups

Al-Anon's story of growth and recovery as experienced by individual members and the fellowship as a whole over Al-Anon's first 60 years. Indexed, softcover. 426 pages. **B-31 \$18.00**



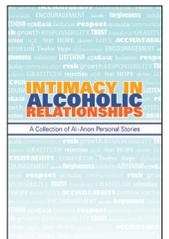
How Al-Anon Works for Families & Friends of Alcoholics

Al-Anon's basic, most comprehensive book discusses all aspects of our program of recovery. Excellent for personal and meeting study. Indexed, softcover. 416 pages. **B-32 \$7.00**



Intimacy in Alcoholic Relationships—A Collection of Al-Anon Personal Stories

Members share their challenges with all aspects of intimacy—physical, emotional and spiritual—in all relationships affected by the family illness of alcoholism. Indexed, softcover. 144 pages. **B-33 \$13.00**



AL-ANON & ALATEEN DAILY READERS

One Day at a Time in Al-Anon

An Al-Anon classic! Inspirational readings relate Al-Anon philosophy to everyday situations, helping to make each day better than the one before. Indexed. 384 pages.

B-6 \$13.00

B-14 Large-print edition \$16.00



Courage to Change—One Day at a Time in Al-Anon II

More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. Indexed. 384 pages.

B-16 \$16.00

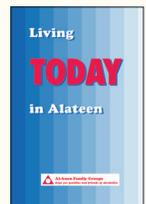
B-17 Large-print edition \$19.00



Living Today in Alateen

Alateen's second daily reader shows how members practice the program right now, *today*. Indexed. 378 pages.

B-26 \$15.00



Hope for Today

Daily sharings from Al-Anon's adult children members are for anyone who wants to grow in acceptance, compassion, and understanding. Indexed. 383 pages.

B-27 \$16.00

B-28 Large-print, softcover edition \$19.00



Alateen—a day at a time

Daily help for teens. Positive sharings from Alateen members around the world. Indexed. 384 pages.

B-10 \$11.50



The Set: ODAT & CTC

Buy together and save! Get both *One Day at a Time in Al-Anon* and *Courage to Change* at a reduced price.

B-18 \$27.00

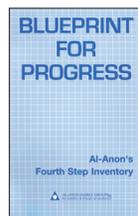
B-19 Large-print set \$32.00

AL-ANON BOOKLETS

Blueprint for Progress (Original Version)

Al-Anon's Fourth Step booklet includes reflections and inventory questions on six different aspects of personal growth. 5 ½ X 8 ½, 64 pages. (Also see P-91)

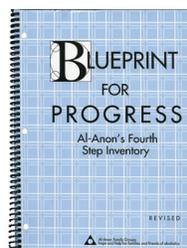
P-5 \$4.00



Blueprint for Progress: Al-Anon's Fourth Step Inventory (Revised)

Workbook for conducting an in-depth inventory, expanded from P-5 to include additional sections on fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and 8 ½ x 11. Three-hole punched. 96 pages.

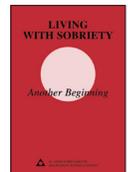
P-91 \$9.00



Living with Sobriety: Another Beginning

Sobriety brings new challenges for the family and friends as well as the alcoholic. In this booklet, members share how they met these challenges. Indexed. 52 pages.

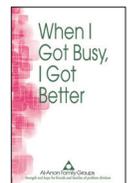
P-49 \$4.00



When I Got Busy, I Got Better

The secret to recovery is service. Members share how Twelfth Step work builds self-esteem, confidence, and trust while reducing fear and isolation. 64 pages.

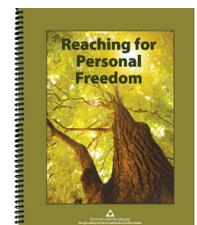
P-78 \$4.00



Reaching for Personal Freedom—Living the Legacies

A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life, it provides insightful examples from members and thought-provoking questions. Spiral bound and 8 ½ x 11. Three-hole punched. 176 pages.

P-92, \$15.00



Al-Anon/Alateen Groups at Work

Indispensable resource for members and groups. Includes Meeting Format, as well as ideas and information to encourage group unity.

P-24 \$1.00



Al-Anon/Alateen Service Manual

Essential reference sourcebook. Contains "Al-Anon and Alateen Groups at Work," "Digest of Al-Anon and Alateen Policies," "World Service Handbook," and descriptive text explaining "Al-Anon's Twelve Concepts of Service." Current edition. Indexed. Spiral bound.

P-24/27 \$11.00

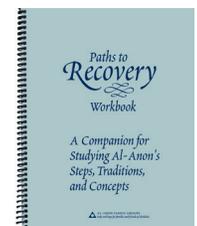


Paths to Recovery Workbook

This companion piece to *Paths to Recovery* (B-24) contains the thought-provoking questions on each Step, Tradition, and Concept of Service found in the book, with space to write answers. Spiral bound and 8 ½ x 11. Three-hole punched. 112 pages.

P-93, \$10.00

K-31 \$27.00 Set includes *Paths to Recovery* (B-24) and *Paths to Recovery Workbook* (P-93).



AL-ANON PAMPHLETS

Al-Anon Is for Men

Helps men identify typical reactions to alcoholism in another person. Six pages.
P-1 \$.30

Al-Anon, You, and the Alcoholic

Q & A basics address the most common concerns about Al-Anon and how it helps. Eight pages.
P-2 \$.35

Alcoholism, a Merry-Go-Round Named Denial

An Al-Anon classic! Dramatic analogy helps family members and friends see roles they play in the lives of alcoholics. 24 pages.
P-3 \$.75

Alcoholism, the Family Disease

Longtime favorite includes personal stories, questions and answers, "Do's and Don'ts," "Just for Today," "Maturity Checklist," and the "Three Obstacles to Success in Al-Anon." 32 pages.
P-4 \$.80
P-4L Large-print \$1.50

Freedom from Despair

A message of hope for anyone facing alcoholism, a problem we can't solve alone. Four pages.
P-6 \$.25

A Guide for the Family of the Alcoholic

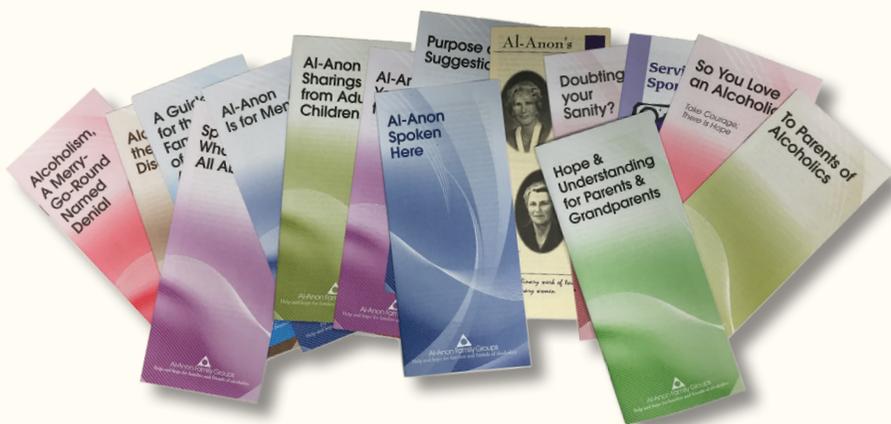
Clear, realistic look at alcoholism, the problems encountered by those close to the alcoholic, and the choices available to the family. 12 pages.
P-7 \$.35

How Can I Help My Children?

Inspiring stories by parents describe how they helped their children understand the family disease of alcoholism. 24 pages.
P-9 \$.70

Purpose and Suggestions

Al-Anon's first pamphlet describes our fellowship's purpose and suggestions for applying it to improve our lives. Six pages.
P-13 \$.25



So You Love an Alcoholic

Suggests first steps to take for a changed attitude toward the alcoholic. Unexpected answers to the question, "What shall I do?" Six pages.
P-14 \$.25

Three Views of Al-Anon—Alcoholics Speak to the Family

Includes "An Open Letter from an Alcoholic" and other insightful essays from A.A. members on why they recommend Al-Anon to the families and friends of alcoholics. Eight pages.
P-15 \$.30

To Parents of Alcoholics

Sharings from parents of alcoholics and answers to frequently asked questions help relieve the fear, anger, blame, guilt, and confusion of realizing your child is an alcoholic. 16 pages.
P-16 \$.75

The Twelve Steps and Traditions

A pocket-sized starter guide to Al-Anon's Steps and Traditions. Also includes the "Three Obstacles to Success in Al-Anon." 24 pages.
P-17 \$.75

What Do YOU Do about the Alcoholic's Drinking?

Depicts common misconceptions of family members and friends of alcoholics in trying to cope and how Al-Anon can help. Eight pages.
P-19 \$.30

Sponsorship, What It's All About

Basic explanation of sponsorship provides guidance on finding a Sponsor, what to expect, and suggestions for Sponsors. 16 pages.
P-31 \$.40

This Is Al-Anon

Mini meeting guide includes Al-Anon's Suggested Welcome; Preamble; Serenity Prayer; Twelve Steps, Traditions, Concepts of Service; the slogans; and Closing. 12 pages.
P-32 \$.40

Why Anonymity in Al-Anon?

Covers the many reasons why anonymity is an important Al-Anon principle. Updated to address concerns of how to apply this principle to everyday situations, including Internet use. Eight pages.
P-33 \$.35

Why Conference Approved Literature?

About Al-Anon literature, how it is developed from members' shared experiences, and the importance of using it exclusively at Al-Anon/Alateen meetings. Six pages.
P-35 \$.25

Al-Anon Fact File

Factual information for the general public, media, and professional community. Eight pages.
P-36 \$.25

The Al-Anon Focus

Al-Anon members who are recovering alcoholics describe how focusing on the Al-Anon approach has helped them face the effects of someone else's drinking. Six pages.
P-45 \$.30

Al-Anon Sharings from Adult Children

Lingering effects of parental alcoholism are illustrated through personal stories. Includes section on how adult children apply the Twelve Steps. 24 pages.

P-47 \$.75

Understanding Ourselves and Alcoholism

Learn about the disease and how compulsion, addiction, obsession, and denial affect alcoholics and those close to them. Six pages.

P-48 \$.25

Al-Anon Spoken Here

Keeping it Al-Anon to avoid dilution of our program. Questions and answers help us maintain our focus on Al-Anon, regardless of other interests or affiliations. Eight pages.

P-53 \$.35

The Concepts—Al-Anon's Best-Kept Secret?

Explains Al-Anon's third Legacy for worldwide service in an easy-to-understand manner. Illustrated. 32 pages.

P-57 \$ 1.00

Al-Anon's Twelve Traditions Illustrated

Al-Anon's second Legacy described with simplicity and humor to help us grasp the principles of the Twelve Traditions. Illustrated. 32 pages.

P-60 \$ 1.00

Does She Drink Too Much? From Men, about the Women in Their Lives

Men affected by women alcoholics share how Al-Anon has helped them. Six pages.

P-62 \$.30

Alateens Share with Adults in Their Lives

For any adult in contact with a teenager affected by someone else's drinking. (Formerly titled *Dear Mom & Dad*.) Six pages.

P-67 \$.30

What Happens after Treatment?

Ideal handouts for professionals and facilities.

P-81EF \$.25

P-81ES \$.25

Living in a Shelter?

Ideal handouts for professionals and facilities.

P-82EF \$.25

P-82ES \$.25

Service Sponsorship: Working Smarter, Not Harder

Benefits of not doing it alone by having or being a Service Sponsor are explained. Includes tips for effective service experiences. Eight pages.

P-88 \$.50

Doubting Your Sanity?

Ideal handouts for professionals and facilities.

P-89EF \$.25

P-89ES \$.25

Hope & Understanding for Parents & Grandparents

Includes a description of the challenges facing parents and grandparents of young problem drinkers, as well as a wide variety of inspiring personal stories and a section on how parents and grandparents apply the Twelve Steps. 24 pages.

P-94 \$.75

ALATEEN LITERATURE

Alateen provides mutual support meetings for younger family members and friends of alcoholics. There is a wealth of wisdom for members of all ages in our Alateen literature.

ALATEEN BOOKS

Alateen—Hope for Children of Alcoholics

Basic introductory book for teens affected by someone else's drinking. Easy-to-understand explanation of alcoholism and the Alateen program. Indexed, soft-cover. 128 pages.

B-3 \$9.50

Alateen—a day at a time

Daily help for teens. Positive sharings from Alateen members around the world. Indexed. 384 pages.

B-10 \$11.50

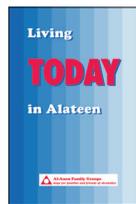
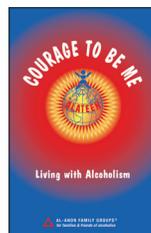
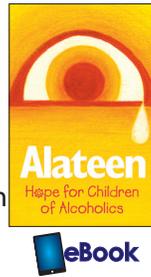
Courage to Be Me—Living with Alcoholism

Alateen's most comprehensive book, filled with shared recovery from Alateen members. Includes workshops for group discussions. Indexed, softcover. 326 pages.

B-23 \$13.00

Living Today in Alateen Alateen's second daily reader shows how members practice the program right now, *today*. Indexed. 378 pages.

B-26 \$15.00



ALATEEN BOOKLETS

Alateen's 4th Step Inventory

This workbook keeps it simple for members of any age, with questions, cartoons, and space to write or draw your feelings. 48 pages.

P-64 \$5.00



Alateen Talks Back on: Acceptance

Alateen members share on accepting the reality of their lives using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

P-68 \$2.00

Alateen Talks Back on: Serenity

Alateen members share on searching for serenity using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

P-69 \$2.00

Alateen Talks Back on: Slogans

Alateen members share how the slogans help, using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

P-70 \$2.00

Alateen Talks Back on: Detachment

Alateen members share on letting go with love, using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

P-73 \$2.00



ALATEEN PAMPHLETS/MATERIALS

Twelve Steps and Twelve Traditions for Alateen

Great meeting topic guide on our first two Legacies. Includes questions, discussions, and personal reflections by Alateen members. 60 pages.

P-18 \$.75

Youth and the Alcoholic Parent

Questions and suggestions help young people improve their own lives. 12 pages.

P-21 \$.40

A Guide for Sponsors of Alateen Groups

Basic information for Alateen Group Sponsors on starting and supporting an Alateen group. Six pages.

P-29 \$.25

Facts about Alateen

Basic information about Alateen, for young people affected by someone else's drinking. Six pages.

P-41 \$.25

Moving On! From Alateen to Al-Anon

Transitioning into Al-Anon described by former Alateen members as they continue recovery. 12 pages.

P-59 \$.50

Alateen Do's and Don'ts

Helpful suggestions on what to do—and what not to do. Wallet card.

M-9 \$.25

ALATEEN PAMPHLETS/MATERIALS

Continued

Just for Today (Alateen)

Offers Alateen ideas for making each day special, and reminders for focusing on the present.

M-11 Wallet Card \$.25

M-13 Bookmark \$.25

Alateen Logos

For identification purposes at Al-Anon/Alateen events. Self-adhesive red triangles.

M-15 100/\$2.25

Alateen Program Card

Wallet card with Alateen Preamble, Twelve Steps, Twelve Traditions, and Serenity Prayer.

M-18 \$.25

Daily Checklist for Myself

For Alateen members taking a daily inventory, this handy Step Ten sheet can help.

S-6 \$.25

Has Your Life Been Affected by Someone Else's Drinking? Alateen Is for You!

Twenty questions help young people decide if Alateen is for them.

S-20 \$.25



Alateen Sponsorship—Is It for You?

Questions to help Al-Anon members decide about sponsoring an Alateen group.

S-27 \$.25

Information for Educators: Alateen Meetings in Schools

Answers the questions educators ask about Alateen. Six pages.

S-64 \$.25

NEWCOMER KITS

Packets for the newcomer contain basic information about Al-Anon/Alateen. Groups can add local meeting information and literature of special interest.

Al-Anon Newcomer Packet

Welcomes first-timers with basic introductory Al-Anon pamphlets assembled in a booklet. Includes P-14, P-19, P-48, P-53, P-67, S-4, M-12, and M-78.

K-10 \$1.40



Alateen Newcomer Packet

Welcomes new Alateen members with helpful leaflets assembled in a booklet. Includes M-9, P-21, P-41, P-67, and S-20.

K-18 \$1.75

Al-Anon Adult Children of Alcoholics Newcomer Packet

Welcomes those who grew up with parental alcoholism. Includes P-47, P-48, P-53, S-4, S-25, S-69, and M-12 assembled in a sleeve.

K-21 \$2.00

Men's Newcomer Packet

Welcomes men affected by someone else's drinking and lets them know they belong. Includes P-1, P-7, P-13, P-14, P-48, P-53, P-62, P-67, S-4, and M-12 assembled in a sleeve.

K-23 \$2.00

Parents' Newcomer Packet

Welcomes those whose child has a drinking problem. Includes P-7, P-13, P-14, P-16, P-48, P-53, P-67, S-4, and M-12 assembled in a sleeve.

K-24 \$2.00

SERVICE KITS/PACKETS

Professional Packet

Helpful leaflets for professionals who help families and friends of alcoholics. Includes P-41, P-48, S-4, S-17, S-20, S-25, S-37 assembled in a sleeve.

K-30 \$1.25

AL-ANON/ALATEEN SERVICE TOOLS

 indicates that this is also available as free download at al-anon.org



Are You Concerned about Someone's Drinking?

Small leaflet for attracting people to Al-Anon.

M-1 \$.25

Al-Anon Program Card

Wallet card with Al-Anon Preamble, Twelve Steps, Twelve Traditions, Twelve Concepts of Service, General Warranties, and Serenity Prayer.

M-7 \$.25

Al-Anon Declaration Card

"Let It Begin with Me" wallet card reminder.

M-8 \$.25

Just for Today

Offers Al-Anon ideas for making each day special and reminders for focusing on the present.

M-10 Wallet card \$.25

M-12 Bookmark \$.25

Al-Anon Logos

Self-adhesive blue triangles

M-14 100/\$2.25

Alateen Logos

Self-adhesive red triangles

M-15 100/\$2.25

Serenity Prayer Card

"God grant me..." wallet card reminder.

M-26 \$.25

Al-Anon/Alateen Is & Is Not Bookmark

Helps professionals and others understand Al-Anon and Alateen.

M-44 \$.25

Sponsorship—Working Together to Recover

Bookmark about sponsorship, its purpose, and its focus. Includes essential characteristics of members who sponsor.

M-78 \$.25

Alateen Table Card

Tent card reminds Al-Anon members that Alateen is available for their children. Space is provided to fill in the location, day, and time of the nearest Alateen meeting.

M-80 \$.25

Just for Tonight Bookmark

Companion piece to the *Just for Today* Bookmark. Offers thoughtful reflections on Al-Anon principles to help the reader prepare for a peaceful, restful night.

M-81 \$.25

Parents of Alcoholics Reprint Stories from parents of alcoholics describe their struggle with detachment, responsibility, guilt, and letting go. Reprinted from Al-Anon's monthly magazine, *The Forum*. 12 pages. **R-18 \$1.00**

Information for the Newcomer Brief explanation of Al-Anon for the beginner. Eight pages. Revised 2016. **S-4 \$.25**

Anonymity Table Card

"Whom you see here..." tent card reminds members of confidentiality and our Twelfth Tradition.

S-9 \$.35

Are You Troubled by Someone's Drinking? Al-Anon Is for You!

Twenty questions help individuals identify a need for Al-Anon.

S-17 \$.25

Detachment

Easy-to-use handout explains the basics of detachment.

S-19 \$.25

Has Your Life Been Affected by Someone Else's Drinking? Alateen Is for You!

Twenty questions for young people to decide if Alateen is for them.

S-20 \$.25

Seventh Tradition

Describes the meaning of self-support within the Al-Anon fellowship. Six pages.

S-21 \$.25

Al-Anon Focus/Declaration Table Card

One side of this tent card reminds members to focus on our Legacies and leave other affiliations outside Al-Anon meetings. Other side contains the Al-Anon Declaration.

S-24 \$1.50

Did You Grow Up with a Problem Drinker? Al-Anon Is for You! Twenty questions for adult children to decide if they can benefit from Al-Anon.

S-25 \$.25

Links of Service

A clear and simple depiction of Al-Anon's Service Structure.
Six pages.
S-28 \$.25

Fact Sheet for Professionals

Ideal information for professionals, including counselors, doctors, and teachers. Five-panel pamphlet.
Revised 2019.
S-37ES \$.25 Bilingual (English/Spanish)

Attracting and Cooperating

Al-Anon's Eleventh and Twelfth Traditions are explained for members working with the media and professionals. Eight pages.

S-40 \$.25



Joy of Service

Describes the growth and recovery that can occur through service. Six pages.

S-57 \$.25



Alcoholics, Their Families, and the Judicial System

Helps lawyers, judges, family advocates, and other legal professionals refer families and friends of alcoholics to Al-Anon. Four pages.

S-65 EF \$.25 Bilingual (English/French)
S-65 ES \$.25 Bilingual (English/Spanish)



Al-Anon's Path to Recovery—Al-Anon Family Groups Welcome Native Americans/Aboriginals

Outreach tool for Native communities describes the benefits of the Al-Anon program.
Six pages.

S-67 \$.25

Alateen Service e-Manual

Information for Alateen Group Sponsors and all Al-Anon Members Involved in Alateen Service (AMIAS). Available at al-anon.org/alateenmanual

Al-Anon Family Groups Welcome...African Americans... African Canadians...All People of Color

Outreach tool for people of color can help them identify a need for the Al-Anon program. Six pages.

S-68 \$.25

Al-Anon Family Groups Welcome Adult Children of Alcoholics

Outreach tool for those who grew up with alcoholism. Six pages.

S-69 \$.25

Loving Interchange to Resolve Conflict Wallet Card

Handy reminder for members and groups for ways to apply Al-Anon principles to resolve conflicts.
Laminated fold-out card.

S-71 \$ 1.00

Conflict Resolution Using Our Twelve Traditions

Cards describe how applying Traditions can help resolve differences. Questions on each Tradition bring Al-Anon principles into the discussion.

S-72 \$ 4.00

Talk to Each Other—Resolving Conflicts within Al-Anon

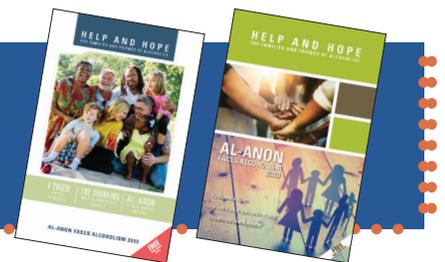
Booklet that helps groups and service arms use the information in S-71 and S-72, with many examples of their direct applications in Al-Anon conflict situations. 16 pages.

S-73 \$ 4.50

Al-Anon Faces Alcoholism magazine

Annual outreach magazine helps potential newcomers and professionals understand how Al-Anon can help. Current edition. 

AFAM 25/\$8.00



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