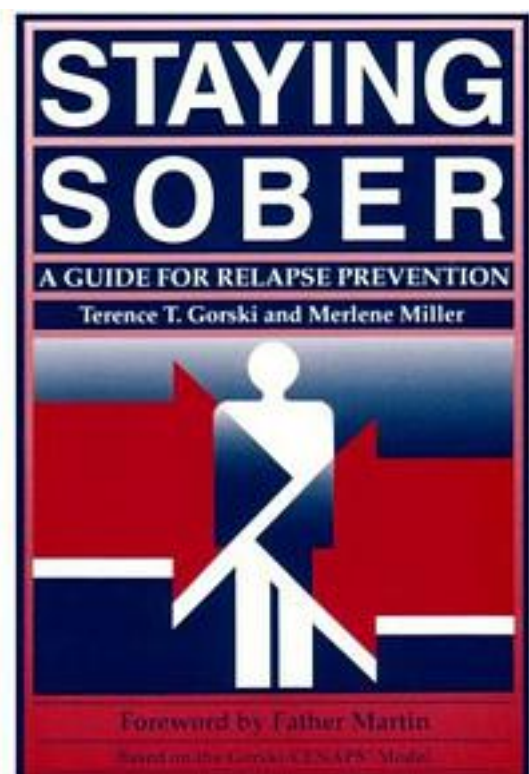


Staying Sober



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The fundamental components of staying sober -- not using, going to meetings, reaching out, working the Steps, and serving other -- are only the beginning of the strategies offered. Day-to-day and moment-to-moment techniques plus program slogans and humor provide newcomers with fresh wisdom for maintaining sobriety.

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