

Undrunk



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In this unprecedented book, A.J. Adams uses self-deprecating humor, entertaining anecdotes, and frank descriptions to introduce readers to the complete Alcoholics Anonymous "'undrunk'" lifestyle. Beginning with the story of his first AA meeting, he takes the mystery out what goes on behind closed doors, in order to encourage addicts who are reluctant to get help walk through them. "My eyes wandered around the room, taking in the strange collection of humanity seeking to claim me as a fellow sufferer. If variety is the spice of life, this crowd was the jambalaya of affliction." Adams addresses the journey through detox and treatment, offering his own struggle of coming to terms with his alcoholism. He then presents a user-friendly history and introduction to AA, the Steps and Traditions, all punctuated by honest descriptions of his own transformation to "getting" the program. Included are translations of AA lingo designed to put newcomers at ease. "Undrunk" was written for reluctant newcomers and those who think they might have a problem, dispelling misconceptions that AA is cult-like, secretive, campy, earnest, religious, or lowbrow. It offers family members of alcoholics an accessible tool to encourage their loved ones to get help, and it gives AA members a handy means to encourage newcomers to come back.

作者介绍:

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