



Al-Anon Family Groups

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Choosing a Daily Reader

Consider adding a new title of Conference Approved Literature to your personal collection!

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All Daily Readers are indexed by topic. So, they can be read “by the calendar” or you can use the index to look up any particular topic which may be of interest.

One Day at a Time in Al-Anon (B-6, \$13) This is our original daily reader – published when most Al-Anon members were the wives of recovering alcoholics. Yet, its wisdom has stood the test of time, still applicable today to a variety of relationships.

Alateen – a day at a time (B-10, \$11.50) Positive sharings provide daily help for teens, and former teens. If you have not yet included Alateen Conference Approved Literature (CAL) in your reading, this book is a great starting point.

Courage to Change – One Day at a Time in Al-Anon II (B-16, \$16) Daily inspiration from a fresh, diverse perspective. Sharings come from members with a variety of relationships with the alcoholics in their lives. May be purchased as a “set” with *One Day at a Time* for \$27.

Living Today in Alateen (B-26, \$15) Alateen’s second daily reader features more recent sharings for teens and pre-teens in recovery.

Hope for Today (B-27, \$16) Daily sharings from Al-Anon’s adult children members are for anyone who wants to grow in acceptance, compassion and understanding.

A Little Time for Myself (B34, \$17) Our newest Title! Introduced in the summer of 2023. The sharings in this Daily Reader represent the full diversity of our membership, with the widest range of topics in the index.

One Day at a Time (B14, \$16), ***Courage to Change*** (B-17, \$19), and ***Hope for Today*** (B-28, \$19) are all available in Large Print Versions. ***The Set*** of ODAT and CTC in Large Print is also available (B-19, \$32).

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