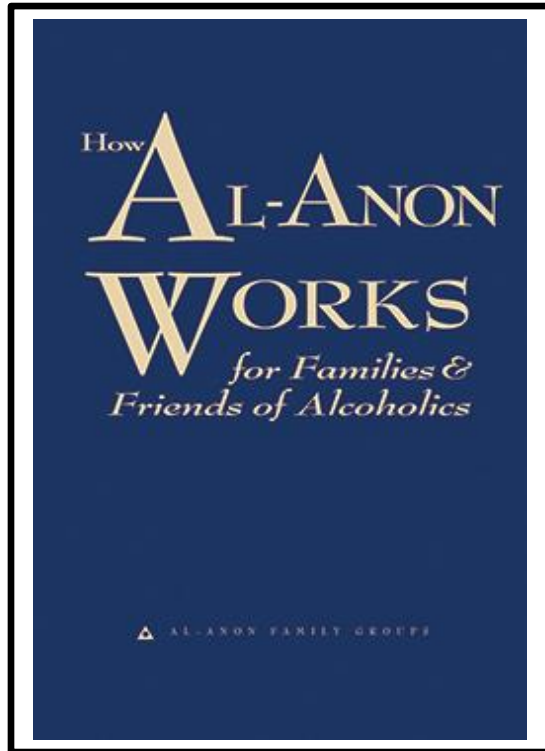


Spring 2025



The suggested book for this season is

How Al-Anon Works

B-32, \$7

- Our most affordable book!
- The bread and butter of the al-anon program, the Al-Anon equivalent of The Big Book of Alcoholics Anonymous
- Part 1 Chapters include:
 - Help and Hope
 - Understanding Ourselves and Alcoholism
 - Becoming Aware
 - The *Family* Disease of Alcoholism
 - Breaking Our Isolation
 - The Al-Anon Slogans
 - Changed Attitudes
- Part 2 is personal experiences and stories from members
- Reviews each step, tradition and concept of the Al-Anon program
- A wonderful starting off point for any newcomer

Remember, when you purchase from the Indianapolis Literature Depot, you support our local services !