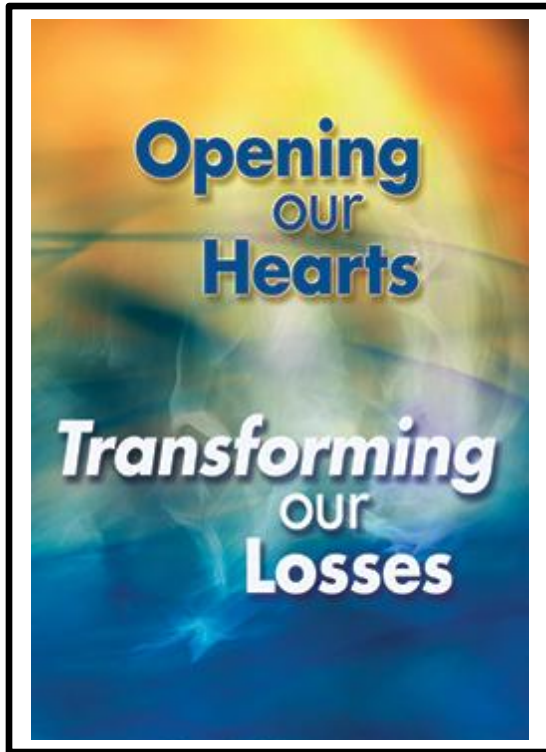


Fall 2026



The suggested book for this season is

Opening our Hearts Transforming our Losses

\$16

- Addresses how grief & loss affect almost every aspect of living or having lived with alcoholism
- Emphasizes that alcoholism is a family disease that affects everyone
- Members share how they have learned to acknowledge & accept these losses
- Personal experiences of how members have coped with anger, resentment and the emotional consequences of living with alcoholism
- Shares the *HOPE* we have found with the help of Al-Anon Family Groups

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