

Spiritual Reading List

I. I. Alcoholic's Anonymous Approved Literature: Wisdom & History

◆ " **Original Manuscript of the Big Book – Alcoholics Anonymous**

A copy of the pre-publication manuscript circulated prior to printing of the 1st edition of the Big Book (Alcoholics Anonymous). Differences are underlined. The original belonged to Clarence Snyder, "The Brewmeister", is in each printing of the Big Book. The Big Book's "Womb."

Price: \$10 Order Online at: <http://shop.store.yahoo.com/sgly/books---liturature.html>

Also FREE Download at: <http://www.silkworth.com> An Amazing Site In Itself!

◆ " **Alcoholics Anonymous (The Big Book): "Reproduction of the First Printing of the First Edition"**

(Hardcover - January 1999)

This is where it all began! The Real Deal! If you want an Original – Go to Ebay Auction Online & Look to spend \$600-800, you Bleeding Deacon, You!

◆ " **Dr. Bob and the Good Oldtimers: A Biography, With Recollections of Early A.A. in the Midwest -8**

Classic A.A. History! The Good Doctor's Spiritual Practice. Akron Meetings Required Reading

◆ " **Pass It on: The Story of Bill Wilson and How the A. A. Message Reached the World (#2075)**

(Hardcover - December 1984)

How Our Founder's Carried the Message, The Origin of the Big Book & the Steps, N.Y. Meetings.

◆ " **Alcoholics Anonymous Comes of Age: A Brief History of A. A.**

by Alcoholics Anonymous World Service

A good, basic history text.

◆ " **The Language of the Heart: Bill W's Grapevine Writings**

by Alcoholics Anonymous World Service

High spirited, inspirational writing. Bill W's take on a lot of the things you wondered about.

I. II. Classic Literature of the Old-Timers And Resources

◆ " **Sermon on the Mount, The - Reissue : The Key to Success in Life**

by Emmet Fox (Author) (Paperback Reissue - November 1989)

Christian Spirituality: The Teachings of Christ, The Beatitudes, and The Lord's Prayer interpreted with heart and clarity. A Classic! Known to be read by the A. A. Oldtimers.

List: \$14

◆ " **The Varieties of Religious Experience -- by William James, Reinhold Niebuhr (Author of the Serenity Prayer) - Introduction; Paperback**

When William James went to the University of Edinburgh in 1901 to deliver a series of lectures on "natural religion," he defined religion as "the feelings, acts, and experiences of individual men in their solitude, so far as they apprehend themselves to stand in relation to whatever they may consider the divine." Considering religion, then, not as it is defined by--or takes place in--the churches, but as it is felt in everyday life, he undertook a project that, upon completion, stands not only as one of the most important texts on psychology ever written, not only as a vitally serious contemplation of spirituality, but for many critics one of the best works of nonfiction written in the 20th century. Reading The Varieties of Religious Experience, it is easy to see why. Applying his analytic clarity to religious accounts from a variety of sources, James elaborates a pluralistic framework in which "the divine can mean no single quality, it must mean a group of qualities, by being champions of which in alternation, different men may all find worthy missions." It's an intellectual call for serious religious tolerance--indeed, respect--the vitality of which has not diminished through the subsequent decades

Price: \$8.00

- ◆ “**The Will to Believe**” and **Other Essays in Popular Philosophy: Human Immortality**
by William James
Price: \$11.95
Sound familiar? The “will-ingness to believe?” William James was very influential to the fore-fathers of A.A.

- ◆ “**Modern Man in Search of a Soul**
by C.G. Jung (Author)
This book was written with the layman in mind, the book examines the average person's need to find his soul. All of the ideas in this book are still as valid as they were when the book was first written. But the need for this book is more than ever.
List Price: \$14.00

- ◆ “**The Undiscovered Self.** by Carl Gustav Jung, R. F. C. Hull (Translator) (Paperback)
Jung was widely read back in the early days of A.A. and corresponded with Bill Wilson.

- ◆ “**Psychology and Religion** by Carl Gustav Jung
Hard to Find, but Out There!

- ◆ “**Confessions of Saint Augustine** (Oxford World's Classics)
by Saint Augustine, Henry Chadwick (Translator)
Augustine's Confessions is arguably the first, and unequivocally the most influential, religious autobiography in the Christian tradition. Augustine (who was a hard-core hedonist before his sudden conversion) writes about faith with the reckless abandon of a lover; his descriptions of friendship are so beautiful they'll bring tears to your eyes; and his tributes to his mother, Monica, cast eternally fresh light on the unofficial authority of women in the early Church. This book was often read by early A.A.'s.
List Price: \$7.98

- ◆ “**Life and Holiness**” (in Dr. Bobs Library)
“Spiritual Direction and Meditation”
“The Ascent to Truth” and
“Contemplative Prayer”
Four Books by Thomas Merton, Thich Nhat Hanh (Introduction in Cont. Prayer)
This little gem of a book, newly issued with a foreword from the great Vietnamese Zen teacher Thich Nhat Hanh (who knew Merton in the 1960s) beautifully distills Merton's own reading and long experience with contemplation. Written close to the end of Merton's life, this book is not so much a "how to" guide as it is a kind of contemplation of contemplation. Immersed in the "negative theology" of St. John of the Cross and others--and influenced by his deep reading in Zen--Merton here stresses that in meditation "we should not look for a 'method' or 'system,' but cultivate an 'attitude,' an 'outlook': faith, openness, attention, reverence, expectation, supplication, trust, joy." God is found in the desert of surrender: this means giving up any expectation for a particular message and "waiting on the Word of God in silence," knowing that any answer will be "his silence itself suddenly, inexplicably revealing itself to him as a word of great power, full of the voice of God."
Price: \$9.95

- ◆ “**The Practice of the Presence of God: With Spiritual Maxims**”
by Brother Lawrence,
The newly translated version of the seventeenth-century spiritual classic. Beautifully rendered and divinely inspirational, this devotional masterpiece is a simple guide for all Christians aspiring to the ultimate goal of life--complete union with God.
Price: \$5.95

- ◆ “**Imitation of Christ**”
by Thomas A. Kempis
"The Imitation of Christ" is a collection of spiritual sayings on a variety of themes. Thomas a Kempis quoted the Bible most of all--mainly the psalms, the words of Jesus, and the epistles of Paul--but he also used quotations from Augustine, Bernard of Clairvaux, and a number of the German mystics, including Eckhart, Tauler, Suso, and Ruysbroeck. Because of such a variety of sources, Imitation has exerted immense influence on Christian worship, ethics, and church structure, because it gives specific yet broad-minded guidance about the central task of Christian life--learning to live like Jesus. Better to read this book a little here and there, now and then, than to try gobbling it cover to cover. Imitation is no triumph of orderly thinking, but it's a great monument and incentive to deep living.
Price: \$8.76

- ◆ “**Interior Castle**”
by St. Teresa of Avila, E. Allison Peers (Translator)
Celebrated for almost five centuries as a master of spiritual literature, St. Teresa of Avila is one of the most beloved religious figures in history. Overcome one day by a mystical vision of a crystal castle with seven chambers, each representing a different

stage in the soul's spiritual quest for union with God, Teresa recorded her vision in this now classic text. Probably her most important and widely studied work, *The Interior Castle* guides the spiritual seeker through each chamber of the castle to the center and the soul's final union with the divine.

Free of religious dogma, this contemporary rendering is a beautiful and practical set of teachings for seekers of all faiths in need of guidance.

Price: \$10.36

◆ .. **“Dark Night of the Soul”**

by St. John of the Cross, E. Allison Peers

*As a Carmelite monk, the 16th-century Spanish mystic St. John of the Cross was well trained in the systematic theology of St. Thomas Aquinas. In *Dark Night of the Soul*, St. John's sharply organized mind gives clean shape to his mystical belief in a loving Being somewhere outside the realm of feeling, thought, or imagination, who can only be known through love. *Dark Night of the Soul* describes the process of purgation, first of senses, and then of spirit, that precedes the soul's loving Union with God. To quote from this book would detract from the coiled power of its tightly focused picture of the soul's progress; suffice it to say that there has never been a better book for discouraged Christians. When you cannot understand what or why you believe, but you find yourself unable to abandon faith, look to St. John for help. --*

Price: \$11.95

◆ .. **“The Cloud of Unknowing and the Book of Privy Counseling”**

by William Johnston (Editor), Huston Smith (Foreword) *This is William Johnston's summary of the message of *The Cloud of Unknowing*. Nobody knows who wrote the book, or exactly where he lived, or whether he was a member of a religious order, or even, really, whether he was part of any church at all. The text first appeared in Middle English in the 14th century, and it has inspired generations of mystical searchers (from St. John of the Cross to Teilhard de Chardin). The mysterious conditions of its composition, however, focus the reader's attention squarely on the book's message--an almost Zen rendering of Christianity, which has a great deal to teach our querulous, doctrine-obsessed churches: "And so I urge you," the author writes, "go after experience rather than knowledge. On account of pride, knowledge may often deceive you, but this gentle, loving affection will not deceive you. Knowledge tends to breed conceit, but love builds. Knowledge is full of labor, but love, full of rest."*

Price: \$9.95

◆ .. **In Tune With the Infinite or, Fullness of Peace Power & Plenty (1910)**

by Ralph Waldo Trine *There is a divine sequence running throughout the universe. Within and above and below the human will incessantly works the Divine will. To come into harmony with it and thereby with all the higher laws and forces is to come into the chain of this wonderful sequence. This is the secret of all success. This is to come into the possession of unknown riches, into the realization of undreamed of powers. Supreme fact of the universe & human life; Secret power and effects of love; Wisdom & interior illumination; Law of prosperity; Basic principle of all religions and much more.*

Price: \$22.00

◆ .. **Runner's Bible**

by Nora S. Holm Paperback - May 1998 - Reprint

Rich with more than 1,000 Bible passages and brief, wise, and inspired commentaries that shed light on every life issue. This easy-to-hold-and-use reference has been a blessing to countless individuals who seek guidance from Scripture. A daily spiritual respite for people on the run, "The Runner's Bible" was originally compiled in 1910 for the author's "on-the-run" 17-year-old daughter.

The Runner's Bible is one of the best spiritual aids for daily prayerful living.

List price: \$12.95

◆ .. **The Disease Concept of Alcoholism**

By E.M. Jellinek, M.D. – Hardcover/Jan. 1960

ISBN#: 0318153173

Famous for developing "The Disease Concept of Alcoholism".

Wonder how Dr. Tiebout & Dr. Silkworth felt about that?

List Price: \$12.95

◆ .. **Dr. Bob's Library: Books for Twelve Step Growth**

Edition, 77 pages) -

by Dick B. (Thermal Bound 8.5"x 11", 1996

In his foreword to this book, Ernest Kurtz notes that we can be grateful to Dick B. for his time and effort in compiling this list of books read by Dr. Bob, and even more importantly for providing a sense of how they were read and a summary of what they contain. As AA is a spiritual way of life, it is important that members rediscover how important reading material was to the fellowship's first members and to those who formulated the program

Price:\$15.50

- ◆ " **The Books Early AA's Read for Spiritual Growth** by Dick B. (Thermal Bound 8.5" x 11", 1998, 56 pages) -
As a part of his research over the years for his several books Dick B. obtained a very clear picture of the sources of AA's spiritual ideas. In his travels he met many who were seeking the actual source books for these ideas. He combines the list of all materials relied upon and read during the time by the several major players in the formation of AA.
Price: \$15.50
- ◆ " **Authorized (King James) Version of the Bible**
Found at Most Good Book Stores
Prices Vary.
- ◆ " **How to Find Reality in Your Morning Devotionals**
By Donald W. Carruthers
Oxford Group Pamphlet/Recommended by Rev. Sam Shoemaker to Early
A. A's/Download from: <http://www.aabibliography.com/oxpampimg1/realitydevotions.html>

II. A. A. History & Biographies

- ◆ " **Bill W: The Absorbing and Deeply Moving Life Story of Bill Wilson, Co-Founder of Alcoholics Anonymous**
by Robert Thomsen (Paperback - September 1999)
A story told both through the words & writings of Bill Wilson himself but also from the recollection of family members, including Bill's sister and wife Lois.
Price: \$15.95
- ◆ " **Not God: A History of Alcoholics Anonymous**
by Ernest Kurtz
Paperback: 436 pages ; Dimensions (in inches): 0.94 x 8.33 x 5.39 Publisher: Hazelden Information Education; (January 1998)
ISBN: 0894860658
This book is a fast moving and authoritative account of the discovery and development of the fellowship of Alcoholics Anonymous. Easy to read this book contains anecdotes and excerpts from diaries, correspondence and memoirs of AA's early figures. Kurtz traces the links from AA to persons such as Carl Jung, William James, Henrietta Seiberling, John D. Rockefeller and Frank Buchman (founder of the Oxford Group). The story relates Bill and Ebby's first meeting, the importance of the Oxford Group, the painful writing of the Big Book, the problems caused by Bill's unofficial status as the "Head of AA" and the fight involving the AA Board of Trustees. With full and complete access to the General Service Office Archives one can be sure that this is a very accurate account of the roots of AA.
List: \$14
- ◆ " **Ebby: The Man Who Sponsored Bill W.**
by Mel B., et al (Paperback - September 1999)
This book traces the events and life of Ebby Thatcher and highlights the messages of recovery he presented to Bill Wilson in 1934. Ebby struggled to maintain his sobriety and yet Bill never stopped calling him his sponsor and was always there for him. This unconditional love is an example to all of us today and this story a must read for anyone searching the roots of AA.
Price: \$9.95
- ◆ " **Women Pioneers in 12 Step Recovery**
by Charlotte Hunter, et al (Paperback - October 1999)
Dr. Bob has been quoted as stating "For some reason, we alcoholics seem to have the gift of picking out the world's finest women." Although specifically referring to his wife Anne, he also spoke of the countless women who were instrumental in the early AA development. This book profiles these remarkable women including Anne Smith, Lois Wilson, Sister Ignatia, Henrietta Seiberling, Nancy O'D. (one of the first women to sober up in New York) and Ruth Hock (contributor to preparations for publication of Big Book) and many more you may never of heard of before
Price: \$13.95
- ◆ " **Bill W.: A Biography of Alcoholics Anonymous Cofounder Bill Wilson**
by Francis Hartigan (Paperback - October 2001)
Price: \$14.95

- ◆ " **Sister Ignatia: Angel of Alcoholics Anonymous**
by Mary C. Darrah, et al (Paperback - September 2001)
This is the story of an exceptional woman "the little sister" of AA who working with Dr. Bob arranged for the hospitalization of alcoholics at a time when alcoholism was seen as a weakness rather than as a disease. Her example gave Dr. Bob and Bill W. a living illustration of love and service that today are the hallmarks of AA.
Price: \$18.95

- ◆ " **Grateful to Have Been There: My 42 Years With Bill and Lois, and the Evolution of Alcoholics Anonymous**
by Nell Wing (Paperback - July 1999)
Nell Wing served as Bill W.'s Secretary for years and was a friend of the family for long thereafter and knew Bill and Lois in a way most did not. She shares in this book her memories and impressions of over 40 years on the inside offering great insight into the makings and the workings of AA
Price: \$10.95

- ◆ " **Children of the Healer: The Story of Dr. Bob's Kids**
by Bob Smith and Sue Smith Windows
Bob Smith Jr. and Sue Smith Windows are the only survivors from the family that opened its home to alcoholics in the early days of AA. They give eyewitness accounts of the birth of the 12 Steps as they tell their stories and paint a powerful picture of how one person's recovery is not that of the family, and how each family member must find their own recovery. Told in the first person without analysis or interpretation.. Paperback - March 1994)
Price: \$13.95

- ◆ " **How It Worked:**
*THE STORY OF CLARENCE H. SNYDER
AND THE EARLY DAYS OF ALCOHOLICS ANONYMOUS IN CLEVELAND, OHIO*
By Mitchell K. © 1991, 1997, ISBN 0-9663282-0-5
First published in 1999 by AA Big Book Study Group.
We do not rely on sales, but on voluntary contributions to enforce AA's 7th tradition.
Write to: BBSG, P.O. Box 31, Washingtonville, NY 10992-0031, USA
Or **Download the whole book (except photos)** in HTML [chs.zip](#) (269kB)
including photos [clarence.pdf](#) (3.8MB)
WebSite at: <http://aabbsg.de/chs/index.htm>

- ◆ " **"But For the Grace of God: How Intergroups & Central Offices of A.A. Carried the Message in the 1940's"**
By Wally P.
Order at "Faith With Works": <http://www.aabacktobasics.com/faithwithworks/index.shtml>

- ◆ " **Bill W.: My First 40 Years - An Autobiography by the Co-Founder of AA** (Hardcover, 2000, 218 Pages) -
This long awaited autobiography is in Bill's words. Near the age of 60 years Bill knew that people would want to know more about his roots so he decided to set the record "somewhat near straight" and began putting together his Autobiography in form of tape recordings and notes. This recount of his life covers his childhood, his courtship of Lois, his drinking years and his discovery of help through the Oxford Group.
Price:\$21.95

- ◆ " **My Search for Bill W.** by Mel B (Paperback, 2000, 149 Pages)
Mel B. sought out Bill W. to learn more about the man who had co-founded AA. After nearly 50 years of interviews with Bill W. and with his friends, colleagues and family Mel B. has put together a portrait of this remarkable man. Mel discovered not one Bill W but seven: the power-driving achiever, the fixer, the individualist, the entrepreneur, the communicator, the peacemaker, and the founder/statesman.
Price \$14.00

- ◆ " **To Be Continued -AA World Bibliography 1934-1994**
by Charles Bishop and Bill Pittman 1994
Published by The Bishop of Books
Charlie Bishop, Jr. -AA Historian
Wheeling, WV
ISBN 1-877868-07-7
Price: \$25

- ◆ " **“The Washingtonians and Alcoholics Anonymous”**
Also by Charles Bishop
Published by The Bishop of Books
Charlie Bishop, Jr. -AA Historian
Wheeling, WV 1992

- ◆ " **New Wine: The Spiritual Roots of the Twelve Step Miracle** by Mel B. (Paperback, 1991, 193 pages) -
The author's long friendships with Bill W. and AA enable him to discuss meaningfully and perceptively the early history and Bill's special qualities of leadership and guidance. As if you were sitting down and talking to the first people in recovery, this book sheds new light on the spiritual principles that shaped the Twelve Steps.
Price:\$15.00

- ◆ " **The Roots of AA (Formerly: AA: The Way It Began)** by Bill Pittman (Paperback, 1988, 239 pages) -
This book begins with the history of alcoholism and how it was viewed by the generations prior to the formation of AA. Focusing on the 1890's as a start, when Bill Wilson was born, and moving forward towards the publication of the book "Alcoholics Anonymous", Bill Pittman seeks to provide a history of AA up until this time. Providing a different look at the big picture and how alcoholics were viewed up until the Doctor's Opinion stated it was a disease this book uncovers a wealth of new information about the people, movements and organizations behind AA.
Price:\$12.00

- ◆ " **The Akron Genesis of AA** by Dick B. (Paperback, 1998 Edition, 367 pages)
This history of AA ties together the events in New York and Akron during AA's formative years from 1931-1939. It tells of the Bud Firestone miracle and of the 1933 Oxford Group events in Akron. Detailing the specific contributions to AA that T. Henry and Clarence Williams, Henrietta Seiberling, Bill Wilson, and Dr. Bob and Anne Smith made at AA's Akron birthplace. This is a great book for anyone interested in a detailed account of what happened when in AA's history. **Price: \$17.95**

- ◆ " **That Amazing Grace: The Role of Clarence and Grace S. in Alcoholics Anonymous**
by Dick B. (Paperback, 1996, 136 pages) -
This book compiled by Dick B. explores the life and role played by Clarence and Grace S. Thoroughly researched one can rest assured that the credit is given where credit is due in this title. Another link to the complete understanding of the miracle of AA.
Price:\$16.95

- ◆ " **Hope! The Story of Geraldine D. Alina Lodge and Recovery** by Dick B. (Paperback, 1997, 128 Pages)
Geraldine D. established Alina Lodge for those who needed long term treatment out of the city and away from the threats of everyday life. Her unique treatment plan has worked magic on thousands of alcoholics/addicts to help them find their way back into the mainstream of life. A true hero in AA history she helped those that even AA had trouble helping.
Price:\$15.95 ON SALE \$10.00

- ◆ " **Turning Point: A History of Early AA's Spiritual Roots and Successes** by Dick B. (Paperback, 1997, 749 pages) -
Prior to publishing this book, Dick B traveled, researched, interviewed, and published many books about AA History. In this book he focuses on how AA Pioneers put together the diverse principles of their recovery program from the Bible, Sam Shoemaker's teachings, the Oxford Group, Anne Smith's Journal, Christian Literature of the day, and meditation materials such as the Upper Room and the Runner's Bible. This book contains specific practical suggestions on how to use the history of AA today.
Price:\$29.95

- ◆ " **The Golden Text of A.A.: God, the Pioneers, and Real Spirituality (Why It Worked-- A.A. History Series)**
by Dick B.,
This booklet is now going into its second printing. It addresses what one scholar has called "authentic" A.A. In other words, the message about spiritual recovery that was the heart of the pioneer A.A. program. We won't tell you the "golden text." But the substance is that God has done for us what we could not do for ourselves. Bill Wilson, Dr. Bob Smith, and Bill Dotson (A.A. # 3) all spoke this message quite freely in the early days. It is incorporated in every edition of the Big Book. But it has fallen from grace in today's A.A. pamphlets and in many meetings. Author Dick B. was asked to conduct his annual Wilson House Seminar at Bill's birthplace in East Dorset, Vermont, and to talk on this subject. The "golden text" can be found on page 191 of the Third Edition of A.A.'s "Big Book."
List Price: \$14.99

- ◆ " **Anne Smith's Journal (1933-1939): AA's Principles of Success** by Dick B. (Paperback, 1992, 162 Pages) -
This book takes quotes from Anne's Diary which she kept during the formative years of AA and shows how Anne's beliefs affected the spiritual basis of Dr. Bob's program. A very informative probative look at the woman behind the man.
 Price: \$16.95
- ◆ " **New Light on Alcoholism: The AA Legacy from Sam Shoemaker** by Dick B. (Thermal Bound 8.5" x 11", 1998, 251 pages) -
The Reverend Canon Samuel Moor Shoemaker, Jr., DD, STD, Rectory of Calvary Episcopal Church, New York City, from 1925-1951, played a very important role in the formation of the principles of the Twelve Step Miracle. He opened his home to Bill Wilson and others new in recovery and shared his understanding of God and spirituality with them. Dick B. has researched the part Sam played and has set forth these roots of AA in this remarkable book.
 Price: \$19.95
- ◆ " **Courage to Change: The Christian Roots of the Twelve-Step Movement** (Compiled and edited by Bill Pittman and Dick B.) (Paperback, 1998 Edition, 223 pages) (SAM SHOEMAKER)
While millions have found the "courage to change" through the program of Alcoholics Anonymous and other Twelve-Step fellowships, this book deals with the ways in which Sam Shoemaker contributed to the formulation of the ideals focused upon in the AA program.
 Price: \$12.95
- ◆ " **On The Tail of a Comet: The Life of Frank Buchman** by Garth Lean (Paperback, 1988, 590 pages) -
Frank Buchman was the founder of the Oxford Group and made very significant contributions to the ideals and beliefs which are now a part of the AA way of life. This biography details the life of the man behind the ideas which ultimately sparked the fire which became a lifesaver for millions of alcoholics worldwide.
 Price: \$22.95
- ◆ " **Henry Teibout: The Collected Writings** (Paperback, 1999, 127 Pages) -
One of the first psychiatrists to define alcoholism as a disease rather than a moral failing Harry Teibout was also one of the first to endorse AA as an effective force in the struggle against compulsive drinking. This book brings together his writings which helped to formulate the nationwide understanding of Alcoholism as a disease.
 Price:\$12.00

II. III. Contemporary Spiritual Works Related to Recovery

- ◆ " **The Spirituality of Imperfection: Storytelling and the Search for Meaning**
 by Ernest Kurtz, Katherine Ketcham (Paperback - January 1994)
"I am not perfect" is a simple statement of profound truth. This book brings together stories from many spiritual and philosophical paths, weaving past traditions into a spirituality and a new way of thinking and living that works today. It speaks to anyone who yearns to find meaning within suffering. Beyond theory and technique, inside this book you will find a new way of thinking - a way of living that enables a truly human existence.
 Price: \$15.955
- ◆ " **The Road Less Traveled, 25th Anniversary Edition: A New Psychology of Love, Traditional Values, and Spiritual Growth**
 by M. Peck (Hardcover - October 2002)
By melding love, science, and religion into a primer on personal growth, M. Scott Peck launched his highly successful writing and lecturing career with this book. Even to this day, Peck remains at the forefront of spiritual psychology as a result of The Road Less Traveled. In the era of I'm OK, You're OK, Peck was courageous enough to suggest that "life is difficult" and personal growth is a "complex, arduous and lifelong task." His willingness to expose his own life stories as well as to share the intimate stories of his anonymous therapy clients creates a compelling and heartfelt narrative. List Price: \$14.95
- ◆ " **A Return to Love: Reflections on the Principles of "A Course in Miracles"**
 by Marianne Williamson (Author) (Paperback - May 1996)
About the practice of "love & forgiveness" as a daily answer to the problems that confront us. Based on "A Course in Miracles" and the Teachings of Christ but very conducive to the 12 Step Program of Recovery.
 Sample Meditation: "I am here to be truly helpful.
 I am here to represent Him who sent me.
 I do not have to worry about what to say or what to do,
 Because He who sent me will direct me.

*I am content to be wherever He wishes,
Knowing He goes with me.
I will be healed as I let Him teach me to heal."*

Price: \$14

- ◆ " **God is For The Alcoholic** by Jerry Dunn (Paperback, 1986 Revised ed., 236 pages) -
First written in 1973, by this edition in 1986 over 300,000 copies had sold. This book approaches alcoholism from the religious point of view and covers the seven steps to alcoholism, how god and family can help, learning to pray, where to seek help (including AA) and recovery.
Price: \$10.99

- ◆ " **"Seeds"**
by Thomas Merton, Robert Inchausti (Editor)
From Publishers Weekly
Readers looking for a short introduction to Thomas Merton's writings will benefit greatly from Seeds, a collection of brief excerpts from America's most famous 20th-century monk. Merton discusses the usual topics of prayer, silence, contemplation and solitude, but he also sounds off on politics, social justice, foreign policy, technology, materialism and his growing affinity for Zen Buddhism.
Price: \$13.95

- ◆ " **The Tree of Renewed Life : Spiritual Renewal of the Church Through the 12 Step Program**
By Terry Webb, Paperback
ISBN#: 0824511409
List Price: \$11.95

- ◆ " **The Rhineland Mystics: Writings of Meister Eckhardt, Johannes Tauler, and Jan van Ruusbroec with Selections from The Book of Spiritual Poverty**
ISBN#: 0824509943
It strikes a chord with those who are searching for the essential faith: the sense of a real in-dwelling of ourselves in God and God in us. Find out what the "real" Self really is!
Price: \$12.95

- ◆ " **St. Francis and The Foolishness of God**
By Marie Dennis, Joseph Nangle, O.F.M., Cynthia Moe-Lobeda, and Stuart Taylor.
ISBN# 0883448998
A re-telling of the most significant events in the life of Saint Francis. His spirituality combines the mystical and the earthly, liberation and faithfulness, literal poverty as well as the blessed poverty of the spirit. Speaks loudly to those who long for change and ache from spiritual emptiness.
Price: \$14.95

III. IV. Recovery

- ◆ " **There's More to Quitting Drinking than Quitting Drinking** by Dr. Paul O. (Paperback, 1995, 223 pages) -
There is much more to recovery than abstinence from alcohol and carrying the message of recovery is an extremely important aspect of AA's spiritual answer says Dr. Paul O (Dr. Alcoholic/Addict). In this book he discusses the aspects of sobriety that he considers important focusing on physical, mental, emotional, interpersonal and spiritual sobriety.
Price:\$14.95

- ◆ " **The Steps We Took: A Teacher of the Twelve Steps Shares His Experience, Strength, and Hope With All Those Recovering from Addictions & All Who Want To.**
by Joe McQ (Paperback - September 1990)
The "Original" Joe from "Joe & Charlie" A teacher of the Twelve Steps shares his experience, strength, and hope with all those recovering from addictions, all who want to recover, and all who love them in this book of plain-spoken wisdom. "Any problem we see in our lives can be healed with the Steps," says McQ.--referring to the popular addiction treatment program started by

Alcoholics Anonymous. Executive Director of Serenity Park, a treatment center in Little Rock, Arkansas, McQ. has been a student and teacher of the Twelve Steps for 28 years. This book is based on interviews between him and Sally C. and Huey C., two "editors" not mentioned in the copyright. Whereas in most Twelve-Step programs, "God" can be anything a person wishes, McQ. views God as the Creator of the Universe and Giver of the Steps..

Price: \$11.95

◆ **Powerfully Recovered! A Confirmed 12 Stepper Challenges the Movement**

by Anne Wayman (Paperback - February 2001)

In this ground breaking book, Anne Wayman, clean and sober for over 25 years and with multiple works published by Hazelden, explores two myths that grown up in the 12 Step movement: never-ending recovery, and, perpetual powerlessness. Convinced that the 12 Steps offer the best chance for lasting recovery, she challenges the movement to acknowledge the fear behind the myths, and let them go so that the Program can reach its full potential. Working from original source material, she explains the nature and development of the myths. She documents the damage they do to individuals and the movement as a whole, including its relative failure in areas of poverty where it is most needed.

With true compassion and understanding she shows exactly what 12 Steppers need to do to let go of the myths, and become Powerfully Recovered, as the original Program intended. (Editorial Review)

Price: \$12.95

◆ **The Glumlot Letters: A Devil's Discourse on Sobriety, Recovery and the Twelve Steps of A. A.**

by M. Stanley, et al (Paperback - November 1997)

A common topic of conversation in Alcoholics Anonymous and other Twelve-Step meetings is "the committee inside your head." The book, The Glumlot Letters, written by a long-time A.A. member, uses a delightful, satirical sense of humor to personify that incessant internal mental dialogue familiar to all of us - not just those in recovery. The main character, a devil named Glumlot, writes to one of his peers, suggesting different ways of tempting a human away from sobriety, recovery and spiritual values. This book, inspired by C.S. Lewis' The Screwtape Letters, functions on three simultaneous levels: a) While many books about recovery tend to be academic in style, this is an entertaining and well-written story with character development and plot twists. b) In its roundabout way, it is also an instruction manual about meetings, sponsorship and the Twelve Step program outlined in A.A.'s basic text book. c) At its core, it a book for anyone who has struggled with the "Who is God?" question. By describing what the "other side" is planning for us, it offers a reasonable approach to the universal spiritual principles that can be the basis for forming a relationship with a Higher Power.

Price: \$12

◆ **Spirituality & Addiction: A Bibliography**

by Steven L. Berg, Ph.D. (Paperback, 1993,

Numbered First Edition, 82 pages) -

With almost 700 listings of books, articles and related material, this bibliography focuses on Alcoholics Anonymous and spirituality as a way of recovery. Divided into chapters titled: Religious Attitudes; Religious Institutions; Ethnic/Cross Cultural Studies; Special Populations; Family Issues; Psychological Issues; Alcoholics Anonymous; Attitudes Toward Higher Power; Qualities of Sobriety; Historical Issues; Literary Portraits; and Bibliographies and Autobiographies.

Price:\$12.00

◆ **No Laughing Matter: Chalk Talks on Alcohol**

By Father Joseph C. Martin, San Francisco: Harper & Row 1982

◆ **Sobriety Without End**

by Father John Doe (Ralph Pfau) (Hardcover,

1998, 363 pages) - *Originally published in 1957 this book has been recently re-released due its immense popularity. Father Pfau wrote this book based upon his conversations with alcoholics in AA over a period of ten years. This book shows the reader how he can continue to live in contentment, continue to grow mentally and spiritually and meet life on life's own terms. Although originally written for alcoholics this book focuses on every facet of human experience and has proved helpful to readers in every station of life whether or not they have an alcohol problem.*

Price:\$20.00

◆ **Sobriety and Beyond**

by Father John Doe (Ralph Pfau) (Hardcover,

1998, 387 pages) -

Originally published in 1955 this book has been recently re-released due its immense popularity. Father Pfau wrote this book over a period of ten years during which time the author devoted all of his time among members of AA. He has simplified that which appeared complicated and has made obvious that which is hidden beneath the surface helping the average man and woman to understand the truths of the spiritual life. The goal of the book is to guide the reader into a phase of happy living and peace of mind and soul so as to remain sober. Although originally written for alcoholics this book will help anyone seeking spiritual truth.

Price:\$20.00

- ◆ **Practice These Principles and What Is The Oxford Group** By Bill P. (Paperback, 1997, 186 pages) -
Before the Big Book was written "What Is the Oxford Group" was the most important text for early members of AA. Many of the principles of the Big Book of AA came from the Oxford text. In "Practice These Principles" Bill P. has rewritten in today's language the Oxford Group text. They have then reprinted the book "What is the Oxford Group" in its complete original form. This provides the reader with a unique opportunity to read both versions and come to a deeper understanding of practicing these principles in all our affairs" as suggested by the 12th step of AA. Topics included are: spirituality; successful living; positive attitudes and action; ideas for self-examination; surrender; restitution; sharing one's story; acknowledging character defects; the four absolutes (honesty, purity, unselfishness & love); working with others; living one day at a time; prayer and meditation; and improving relationships with others. The oxford text was clearly a good beginning for the text now known as "Alcoholics Anonymous".
 Price:\$9.95
- ◆ **Utilizing Early AA's Spiritual Roots for Recovery Today** by Dick B. (Spiral Bound 8.5" x 1",1998, 56 pages) -
From the Wilson House Seminar, 1998 – Why It Works! – Dick B. reviews very briefly the many different theories and ideas found throughout his books: The Spiritual Beginnings; The Bible in Early AA; Quiet Time, Morning Watch and Meditation; The Oxford Group and AA; Sam Shoemaker; Anne Smith; The Books and Materials Early AA's Read; and Utilizing AA's Spiritual Roots Today.
 Price: \$14.95
- ◆ **The Little Red Book** (Hardcover, Rev. Ed 1986, 153 pages) -
First published in 1957 this book originally evolved from a series of notes prepared as 12 step suggestions for AA beginners and aids in the study of the book Alcoholics Anonymous. This book was revised and reintroduced in 1986, and was dedicated to Dr. Bob & Bill W. This little book is easy to read and talks about each of the steps in terms of sobriety and applying the principles to our everyday lives.
 Price: \$11.00
- ◆ **The Little Red Book Study Guide**
 By Bill P. (Softcover, 1998, 87 pages plus Appendices)
This Study Guide is sized 8.5x11". It corresponds with the 1986 revised edition of the Little Red Book and lists ideas from the Red Book that can be reviewed individually but is especially helpful for a Group Study Meeting. For Step Four there are charts to assist the reader in identifying their assets and liabilities and for writing brief paragraphs about each. For Step 10 there is a Daily Inventory Log to check your progress on a daily and monthly basis. Appendices include a reprint of the 12 Steps and 12 Traditions of Alcoholics Anonymous and extra Daily & Monthly Inventory Logs>
 Price: \$12.95
- ◆ **A Woman's Way Through the Twelve Steps** by Stephanie S. Covington, Ph.D. (Paperback, 1994, 244 pages) -
This book speaks directly to women about the way they experience addiction as well as self, relationships, sexuality, spirituality, and everyday life. Working with the original step language this book focuses on the healing message beneath the male oriented words. Exploring each step in terms of the traditional language, this recovering author then explains and illustrates the steps in such a way so as to highlight a woman's experience bringing to life the essence of recovery for all women.
 Price: \$11.00
- ◆ **Drop The Rock: Removing Character Defects** by Bill Pittman and Todd Weber (Paperback, 1993, 96 pages) -
From the Introduction: "To become the person we can become, we must drop the rock – all the grasping and holding on to old patterns of behavior, the thoughts and feelings that are harmful to our progress in recovery." The book helps individuals understand why they hold on to the perceived comfort of their negative behaviors and explains how to obtain the willingness needed to give up these defects which keep them stuck permitting them to use humility as a guide to move out from themselves and toward others.
 Price: \$9.95
- ◆ **Sober but Stuck: Obstacles Most Often Encountered That Keep Us From Growing In Recovery**
 by Dan F. (Paperback, 1991, 215 pages) -

This book addresses long-term recovery issues picking up where the Big Book leaves off. This collection of honest, straight from the heart personal stories by men and women who are long-time members of Alcoholics Anonymous addresses the tools they found and the risks and actions they took to break through the barriers that limited their enjoyment of a sober life. Addresses what was identified as the ten most common obstacles to successful recovery and more, including fear of intimacy, the need to control others, fear of rejection or abandonment, unhealthy, dependent relationships, anxiety and panic, isolation or loneliness, depression, feelings of inadequacy, fear of failure and resentments.
Price: \$11.00

◆ " **Things My Sponsor Taught Me**

By Paul H., Paperback, January 1996
ISBN#: 0894864440
List Price: \$8.00

IV. V. Big Book Study

◆ " **The Annotated AA Handbook : A Companion to the Big Book**

by Frank D. (Paperback)

The book contains the entire text of the 1st edition of Alcoholics Anonymous with hundreds of explanatory notations and thousands of cross-references. This book will help to broaden and deepen the reader's understanding of the 12 Steps. --This text refers to the new second printing. Stories from the second edition have been added. And there are literally thousands of cross-references to the third edition of "Alcoholics Anonymous." This means that the reader may read the third edition along with this book concurrently. Hundreds of explanations are given throughout and cross-referenced with the third edition. The hundreds of explanations provide a wonderful addition to the main text of "Alcoholics Anonymous."
List: \$20

◆ " **Reference Guide to the Big Book of Alcoholics Anonymous**

by C. Stewart.
List Price: \$10.95

" **The Anonymous Press Study Edition of Alcoholics Anonymous (Black)**

by Anonymous

Black leather-bound hardcover. Contains:

The First 164 pages of The Big Book with lined pages opposite text for note taking and paragraph numbers along side the text for easy reference.

Entire Original Manuscript including the stories. Easy to read retyped version. Includes paragraph numbers corresponding to the modern text for easy comparison.

Footnotes explaining historical and obscure references in the text.

Footnotes documenting all 79 differences between the modern text and the original 1st printing text of the 1st 164 pages. Yes, believe it or not, the basic text has been changed 79 times since it was first published.

Two place keeping ribbons. Special "lay flat" binding.

Comprehensive reference section includes: Word Index-

Practically every word in the main text indexed by paragraph number. 19,344 entries (really)

Subject Index- References to all the common study subjects indexed by paragraph number.

1,605 entries

Dictionary- Definitions to the obscure and key words taken from dictionaries in use at the time the book was written. Mostly from the 1937 Unabridged Webster's Dictionary.

276 entries

Price: \$15.75

◆ " **The Good Book and the Big Book: A.A's Roots in the Bible**

by Dick B., et al (Paperback - January 1997)

Of the early AA members, 75% to 93% recovered from their seemingly hopeless disease of alcoholism. They relied upon God and based their relationship with him on the principles of the Bible. This comprehensive history discusses the biblical sources from which AA's founders said they obtained their recovery ideas – focusing particularly on the Sermon on the Mount, 1 Corinthians

13, and the Book of James. Dick B shows how knowledge of these sources can be used effectively today to produce a high recovery rate in all 12 Step programs.

Price: \$17.95

- ◆ " **A New Pair of Glasses** by Chuck C (**Special 8th Printing combined with the first 164 pages from the 1955 edition of Alcoholics Anonymous**) (Hardcover, 1998 printing, 145 pages plus reprint pages)

First published in 1984, this book is a compilation in writing of a talk given by Chuck C. to 64 alcoholic men at a retreat in Pala Mesa in 1975. Chuck described this talk as including just about all of his thoughts on the program of Alcoholics Anonymous and the program of life. Chuck C achieved sobriety in the 1940's and was deeply involved as an activist in AA thereafter. "Uncover, discover and discard" is the root of his evolving philosophy. This book is an excellent resource for those persons seeking long term sobriety. The moving Introduction was written by Clancy I. and the Foreword was written by Lee T. (This talk is also available as a Six Tape Set - Item #601 - \$24.95)

Price: \$9.95

- " **A Program for You: A Guide to the Big Book's Design for Living** (Paperback, 1991, 179 pages indexed) -

Two program old timers share their years of intensive study of the Big Book of Alcoholics Anonymous revealing the vitality of its message for those of us reading it today. Thoroughly annotated line and page, written with down to earth humor and simplicity, and providing a contemporary context for understanding this book can help those persons who are new to sobriety and those who have been around and in the program for years.

Price:\$10.00

V. VI. Inspiration: Meditation & Prayer Books

- ◆ " **Daily Reflections: A Book of Reflections by AA Members for AA Members/B-12**

by Alcoholics Anonymous World Service

Often used as a Meditation Book.

- ◆ " **As Bill Sees It: Selected Writings of the Alcoholics Anonymous Co-Founder/B-5**

by Alcoholics Anonymous World Service, Bill W

Words of Wisdom from one of our Founders/Has been used by some as a source of Meditation, though more secular in nature than spiritual.

- ◆ " **Twenty-Four Hours a Day** (Hardcover Edition, 3" x 5", 400 pages)

by Richmond Walker,

Since 1954, Twenty-Four Hours a Day has become a stable force in the recovery of many alcoholics throughout the world. With over six and a half million copies in print (the original text has been revised), this "little black book" offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives.

Price: \$12.00

- ◆ " **Meditations for the Twelve Steps: A Spiritual Journey** (Paperback, 1993, 166 pages) -

This book is designed to accompany "The Twelve Steps for Christians" and contains 137 meditations based upon biblical quotation. Each section begins with a reflection on one of the steps, and then uses stories from daily life to bring home the message. This book provides a unique devotional for the Christian in recovery.

Price: \$8.95

- ◆ " **"How To Listen To God"**

By. Wally P. Order at: "Faith With Works" <http://www.aabacktobasics.com/faithwithworks/index.shtml>

- " **12 Step Prayers for A Way Out: A Companion Book** (Paperback, 1993, 125 pages) - \$8.95

This collection of prayers and inspirational readings is can be used as a companion book to the workbook "The 12 Steps – A Way Out". This book acknowledges that prayer does not come easy to some members new in recovery and is a valuable tool for learning to use prayer in your 12 Step recovery.

Price:\$8.95

- ◆ " **The Twelve Step Life Recovery Devotional**

by David A. Stoop, Stephen Arterburn

A daily devotional that helps people understand and apply the biblical principles found in the 12 steps of recovery. There are 30 meditations for each step.

List Price: \$9.99

- ◆ " **Recovery Devotional Bible -New International Version**
by Verne Becker (Editor)
The first recovery Bible based on the NIV, offering day-by-day encouragement for people in Twelve-Step recovery - Features 365 daily Meditations, more than 400 in-text Life Connections, and Step Markers highlighting passages related to particular steps of the Twelve-Step program - Articles explain how to use the Bible and help the reader connect Scripture and the Twelve Steps
List Price: \$27.99

- ◆ " **Psalms for Recovery: Meditations for Strength and Hope**
From "the Psalms" in the Bible.
by Barbara Stephens
List Price: \$18.99

- ◆ " **Book of Prayers**
By Mahatma Gandhi, Berkeley Hills Books
From different religious traditions, Gandhi compiled hymnal & devotional prayers to use in daily life. They express humility, simplicity of life and universal spiritual aspirations.
Price: \$14.00

- ◆ " **12 Step Prayer Book : A Collection of Favorite 12 Step Prayers & Inspirational Readings**
By Bill Pittman, Paperback
ISBN#: 0934125112
The best-loved prayers used by 12-step group members are included in this pocket-sized book. Topics cover resentment, fear, gratitude, improving conscious contact, humility, and more.
List Price: \$5.95

- " **The Fine Art of Relaxation, Concentration and Meditation: Ancient Skills for Modern Times**
By Joel Levy, Wisdom Pub.
This book is an excellent primer for "waking up"! Practice these techniques and your life will change.
Price: \$12.95

- ◆ " **Meditation Express: Relief in 60 Seconds Flat!**
By Nancy L. Butler-Ross & Michael Suib
Serenity. Inner Balance. A Quiet Mind. Learn how to use meditation to achieve these in your busy life. Don't have time? These are only one to two minute brief and easy meditations that you can do almost anywhere. Your Peace of Mind is worth it!
Price: \$14.95

- ◆ " **Contemplation**
By Francis Kelly Nemeck, O.M.I. and Marie Theresa Coombs, Hermit
A Michael Glazier Book/The Liturgical Press
This book clearly presents the deepest insights of Western Christian tradition regarding the mystery of contemplation to aid you in responding more fully to God's love in your life. Not a light read – some technical language – but helpful explanations of a difficult subject.
Price: \$11.95

- ◆ " **Gratefulness: The Heart of Prayer –an Approach to Life in Fullness**
By Brother David Steindl-Rast, O.S.B.
ISBN# 0809126281
*All prayer is essentially an act of gratitude – a stated belief that "God's Will Be Done Not Mine."
This book is about prayer and gratitude, and our ability to see into things, discovering the grace that awaits us in everyday life. When we bless things simply because they are, we live life in it's fullness.*
Price# \$8.95

- ◆ " **God in All Worlds: An Anthology of Contemporary Spiritual Writings**
By Lucinda Vardey
ISBN# 0679745432

Spanning 50 years and representing all world religions & spiritual traditions, this book forms an exclusive map of the spiritual journey and it's landmarks. Chapters describe prayer, meditation, the power of myth, the Mother Goddess, the Cosmic Christ, the struggle with evil, the gifts of love and grace, and the intimate encounter with the divine. It includes work from some of the world's great religious thinkers, mystics and poets. It's a book of dazzling breadth and insight that will inspire, console, enlighten and renew.

Price: \$18.00

◆ .. **Illuminata: A Return to Prayer**

by Marianne Williamson

The best-selling author of A Return to Love presents a compilation of contemporary prayers and meditations for people of all faiths, covering such topics as business, friendship, reconciliation, and anger. Price: \$9.99

On Ordering Your Books

We are currently in the process of having books ordered and kept in stock at :
"The Golden Notebook" at 29 Tinker Street in Woodstock across from "The Green" Tele#: (845) 679-8000

In the meantime, all books listed have been checked and are in print,
so you should be able to order them from any bookstore.

Another bookstore in Woodstock carries exclusively spiritual/self-help books. It's called "Mirabi Books"
at 23 Mill Hill Road (another name for Tinker Street) across from "Bread Alone". Tele#: (840) 679-2100.

Some "specialized" books may have to be ordered Online or directly from the publishers.
Here are some Web Sites where you may find them:

- .. Dick B's Site: <http://www.dickb.com/index.shtml>
- .. Hazelden: <http://www.hazelden.org/>
- .. A Wing & A Prayer Gifts Online: <http://www.12stepstore.com/index.htm>
Also at Toll Free (877) 374-1038 Fax (330) 920-8351
- .. "Faith With Works Publishing" <http://www.aabacktobasics.com/faithwithworks/index.shtml>
- .. Amazon Books Online at: <http://www.amazon.com>

One amazing site where I did much of my research is an A. A. Archive.

Everything you could imagine (notes by Bill W., newspaper articles, gifts & books given to A. A.'s Founders, etc.) are listed there on 142 pages. It includes lists of the books collected in both Bill W's and Dr. Bob's libraries. It's pretty interesting! Here's the Web Site Address:

<http://www.aabibliography.com/pdf/files/masterinventory.pdf>

Good Luck on Your Journey! May You Find All that You are Searching For.

But Remember: "Self-Knowledge Alone Will Not Keep You Sober!"

If you need any assistance locating any of these books I can be reached at: **Arnello S.** (845) 246-4323