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# The Big Book Of Alcoholics Anonymous



## Synopsis

ALCOHOLICS ANONYMOUS: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism (generally known as The Big Book) is a 1939 basic text, describing how to recover from alcoholism, written by the founders of Alcoholics Anonymous (AA), Bill W. & Dr. Bob. It is the originator of the seminal "twelve-step method" widely used to attempt to treat many addictions, from alcoholism and heroin addiction to marijuana addiction, as well as overeating, sex addiction, gambling addiction, and family members of alcoholics, with a strong spiritual and social emphasis. It is one of the best-selling books of all time, having sold 30 million copies. In 2011, Time magazine placed the book on its list of the 100 best and most influential books written in English since 1923, the beginning of the magazine.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (1,901 customer reviews)

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## Customer Reviews

I read the AA Big Book and joined Overeaters Anonymous thinking I was a compulsive overeater. Perhaps I would have been an alcoholic, but my body chemistry never tolerated alcohol, smoking or drugs, so I was spared that. It turned out the weight problem was also a body chemistry thing, and the time I spent in diligent application to the 12-step program led me to realize I wasn't a compulsive overeater after all. Reading the AA Big Book was fantastic for me, and I recommend it to anyone. If you are not an addict, it will certainly not harm you to try a 12-step program. You are likely to come out, as I did after 10 months, with a deep respect for what these programs do. Miracles are everyday events in these groups. Some of the people who have written reviews here resisted the tenets of AA because they are unwilling to submit to a higher power. That's human nature. Anything

else is itself a miracle. My concerns about AA prior to reading the book were the opposite. I am a Christian and I was under the impression that the 12 steps are in conflict with that. Such is not at all the case. No one is going to try to hypnotize you! Nor is a 12-step program going to tell you to avoid medical help. One of AA's founders was a doctor, and right from the start AA began saving lives that doctors knew they could not save. It still happens in AA, daily. If you are ready to be inspired, read this book. You will understand yourself and other people better. If you don't feel ready to be inspired, maybe you need to read it even more. I noticed one of the reviews complained about archaic language in the book. It's not that archaic. You don't need a glossary to read it, as you do with the King James Bible or Shakespeare!

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