



AL-ANON / ALATEEN CONFERENCE-APPROVED LITERATURE CATALOGUE

All Al-Anon/Alateen material is a collection of the shared experience, strength, and hope of it's members. It crosses the boundaries of race, creed, gender, sexual orientation, age, and walks of life. Further, it is suggested that members read *all* material, not only that which focuses on particular situations.

The Al-Anon/Alateen literature and materials in this catalogue are available through local Al-Anon Literature Distribution Centres.

BOOKS

B-3 ALATEEN: HOPE FOR CHILDREN OF ALCOHOLICS.

This classic Alateen book helps young people deal with the effects of alcoholism and sobriety in their home. Includes the Alateen timeline. Indexed, softcover.

120 pages

B-4 THE DILEMMA OF THE ALCOHOLIC MARRIAGE.

Al-Anon can help with the unique problems of alcoholic relationships. Members share experiences with applying the Twelve Steps to their relationships.

Indexed, softcover. **100 pages**

B-5 THE AL-ANON FAMILY GROUPS – CLASSIC EDITION.

With a new introduction, footnotes and appendix, the original text connects us with Al-Anon's roots. The hope that this book still offers the world is undeniable.

Indexed. **196 pages**

B-6 ONE DAY AT A TIME IN AL-ANON.

This Al-Anon classic offers inspirational daily readings relating Al-Anon philosophy to everyday situations.

Indexed. **376 pages**

B-14 Large Print

B-7 LOIS REMEMBERS.

Lois W., a co-founder of Al-Anon recalls the eventful years before and after the founding of AA and Al-Anon. Illustrated.

Indexed. **204 pages**

B-8 AL-ANON'S TWELVE STEPS & TWELVE TRADITIONS.

The Twelve Steps and Twelve Traditions come alive through essays, personal reflections, and stories from Al-Anon members. Revised in 2005, re-edited text and several new stories give a fresh approach to an Al-Anon favourite.

Indexed. **150 pages**

B-10 ALATEEN - A DAY AT A TIME.

A collection of positive, daily sharings written by Alateen members around the world.

Indexed. **384 pages**

B-11 AS WE UNDERSTOOD . . .

Al-Anon members share their understanding of a prayer, letting go, fellowship, meditation, a Higher Power, and spiritual awakening.

Indexed. **269 pages**

B-15 . . . IN ALL OUR AFFAIRS: MAKING CRISES WORK FOR YOU.

Al-Anon members' personal stories reveal how applying specific Al-Anon principles helped them through life's difficult situations. It includes stories dealing with abuse, death, divorce, violence, infidelity and more.

Indexed, softcover. **256 pages**



B-16 COURAGE TO CHANGE: ONE DAY AT A TIME IN AL-ANON II.

This collection of insightful daily reflections reveals the surprisingly simple things that can transform lives.

Indexed. **384 pages**

B-17 Large Print

B-21 FROM SURVIVAL TO RECOVERY: GROWING UP IN AN ALCOHOLIC HOME.

Al-Anon adult children tell their stories with pathos, humour, courage, and honesty, renewing hope for all of us.

303 pages

B-22 HOW AL-ANON WORKS FOR FAMILIES & FRIENDS OF ALCOHOLICS.

Al-Anon's "basic book" reflects the shared wisdom of Al-Anon members today. The most comprehensive book on Al-Anon is excellent for personal and meeting study.

Indexed, soft cover. **400 pages**

B-23 COURAGE TO BE ME - LIVING WITH ALCOHOLISM.

Alateen's most comprehensive book, filled with shared recovery written by Alateen members.

Indexed, soft cover. **326 pages**

B-24 PATHS TO RECOVERY.

Al-Anon's Steps, Traditions, and Concepts.

A guide for study of Al-Anon's three legacies. Chapters on each Step, Tradition, and Concept of Service include insightful text, poignant personal stories, and thought-provoking questions for group or individual study.

Indexed. **354 pages**

B-26 LIVING TODAY IN ALATEEN.

Alateen's newest daily reader, filled with wonderful, hope-filled personal sharings, can show us all how to live right now, *today*.

Indexed. **378 pages**

B-27 HOPE FOR TODAY.

Based on the sharings of Al-Anon's adult children members, this daily reader is for anyone who wants to grow in acceptance, compassion, and understanding.

Indexed **383 Pages**.

B-28 Hope For Today Large Print

B-29 OPENING OUR HEARTS, TRANSFORMING OUR LOSSES



Grief and loss affect almost every aspect of living - or having lived - with alcoholism. Members share with gratitude how they have learned to acknowledge and accept these losses with the help of the many tools of Al-Anon Family Groups.

Indexed, softcover. **281 pages**

B-30 DISCOVERING CHOICES

Recovery in relationships affected by alcoholism is explored in-depth as members share how they have improved a wide variety of relationships by using the program's tools.

Indexed, softcover. **335 pages**

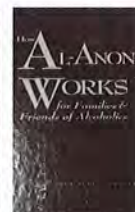


B-31 MANY VOICES, ONE JOURNEY – AL-ANON FAMILY GROUPS

Al-Anon's story of growth and recovery as experienced by the fellowship as a whole and individual members over the past

60 years. Personal stories, interspersed with insightful discussion questions, tell how members found the courage to change as they faced challenges in their personal lives and in the development of the fellowship.

Indexed, softcover. **426 pages**.



PAMPHLETS

P-1 AL-ANON IS FOR MEN.

Straightforward information helps men identify typical reactions to alcoholism in another person. **6 pages**

P-2 AL-ANON, YOU, AND THE ALCOHOLIC.

Answers the most frequently asked questions about Al-Anon and how it helps families deal with problems brought about by alcoholism. **12 pages**

P-3 ALCOHOLISM, A MERRY-GO-ROUND NAMED DENIAL.

A dramatic analogy helps family members and friends see the roles they play in the lives of alcoholics. **18 pages**

P-4 ALCOHOLISM, THE FAMILY DISEASE.

This long-time favorite includes: purpose of the Al-Anon program; actual stories of people who found serenity in Al-Anon; questions/answers; Just for Today; wisdom from our slogans; evaluating our maturity; thoughts to live by; the "three obstacles to success". **22 pages**

P-4L ALCOHOLISM, THE FAMILY DISEASE Large print.

48 pages

P-5 BLUE PRINT FOR PROGRESS

Original small booklet
64 pages

P-6 FREEDOM FROM DESPAIR.

A message of hope for those faced with a problem they can't solve alone. **4 pages**

P-7 GUIDE FOR THE FAMILY OF THE ALCOHOLIC.

A clear and realistic look at alcoholism, problems encountered by those close to the alcoholic and choices available to the family. **12 pages**

P-9 HOW CAN I HELP MY CHILDREN?

Parents can help their children understand the family disease of alcoholism. Includes inspiring stories from parents. **24 pages**

P-13 PURPOSE AND SUGGESTIONS.

A brief introduction to Al-Anon with down-to-earth suggestions for making improvements in our lives. **6 pages**

P-14 SO YOU LOVE AN ALCOHOLIC.

First steps to a changed attitude toward the alcoholic. Unexpected answers to the question, "What shall I do?" **6 pages**

P-15 THREE VIEWS OF AL-ANON – ALCOHOLICS SPEAK TO THE FAMILY

Members of AA share why they recommend Al-Anon to the families and friends of alcoholics and how they cooperate with Al-Anon to help alcoholics and their families. **8 pages**

P-16 TO PARENTS OF ALCOHOLICS.

Sharings from parents of alcoholics, and straight forward answers to frequently asked questions, help relieve parents of the guilt, anger, fear, blame and confusion that come with realizing their child is an alcoholic. **16 pages**

P-17 THE TWELVE STEPS AND TRADITIONS.

A pocket-sized guide to understanding and using Al-Anon's Steps and Traditions in our daily lives. Also includes the "Three Obstacles to Success in Al-Anon." **24 pages**

P-19 WHAT DO YOU DO ABOUT THE ALCOHOLIC'S DRINKING?

Depicts common misconceptions of family members and friends of alcoholics in trying to cope with the disease of alcoholism and how Al-Anon can help. **8 pages**

P-31 SPONSORSHIP, WHAT IT'S ALL ABOUT.

Sponsorship is a vital tool of the Al-Anon program. This pamphlet offers guidance on how to find a sponsor, what to expect of the relationship and suggestions for sponsors. **16 pages**

P-32 THIS IS AL-ANON.

Meeting guidelines include: Al-Anon's suggested Welcome and Closing; Preamble; Serenity Prayer; Twelve Steps, Traditions, Concepts of Service; And the slogans. **12 pages**

P-33 WHY ANONYMITY IN AL-ANON?

Personal anonymity is a spiritual principle of Al-Anon members. Includes examples that respect confidences of members in everyday situations. **8 pages**

P-45 THE AL-ANON FOCUS.

Al-Anon members who are also recovering alcoholics describe how they have been affected by the alcoholism of others. **6 pages**

P-47 AL-ANON SHARINGS FROM ADULT CHILDREN OF ALCOHOLICS.

Personal stories illustrate how Al-Anon helps members deal with lingering effects of their parents' alcoholism. Revised in 2004, it now includes a section on how adult children apply the Twelve Steps to their lives. **24 pages**

P-48 UNDERSTANDING OURSELVES AND ALCOHOLISM.

Explains how compulsion, addiction, obsession, and denial affect those close to an alcoholic. **6 pages**

P-49 LIVING WITH SOBRIETY:

Another Beginning.

For *everyone* who is trying to accept change, let go of guilt and resentment, deal with disappointments, improve communication and learn to be happy. Indexed. **48 pages**

P-53 AL-ANON SPOKEN HERE.

Questions and answers lead to a better understanding of Al-Anon's unique program of recovery. **8 pages**

P-62 DOES SHE DRINK TOO MUCH?

Men who found answers in Al-Anon share what has helped them. **6 pages**

P-78 WHEN I GOT BUSY I GOT BETTER.

Participation in Al-Anon builds self-esteem and confidence. Members share service experiences in the Al-Anon program. **64 pages**

P-87 AL-ANON'S CO-FOUNDERS

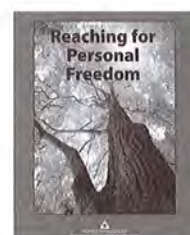
About Al-Anon's beginnings, and how Lois W. and Anne B. founded Al-Anon Family Groups. **6 pages**

P-88 SERVICE SPONSORSHIP

Benefits of not doing it alone by having or being a Service Sponsor are explained. Includes tips for effective service experiences. **8 pages**

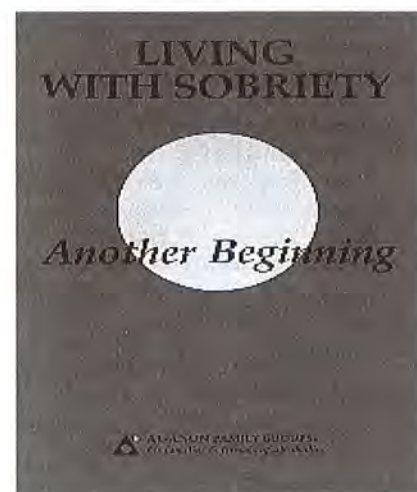
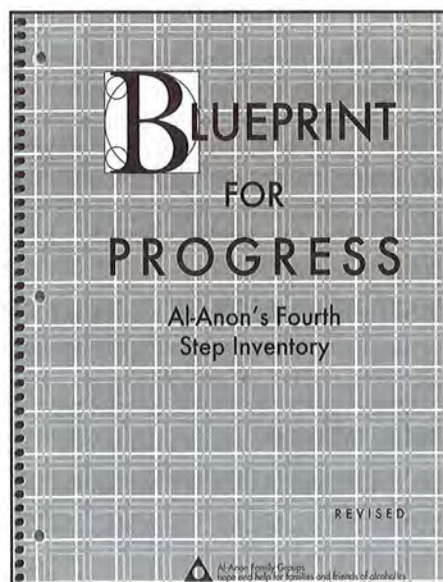
P-91 BLUEPRINT FOR PROGRESS.

This workbook, revised and expanded in 2004, has a number of new topics including fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and with room for writing answers. **96 pages**



P-92 REACHING FOR PERSONAL FREEDOM – LIVING THE LEGACIES

A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life, it provides insightful examples from members and thought-provoking questions. Spiral bound and 8½ x 11. Three-hole punched. **176 pages**



M-7 BASIC AL-ANON PROGRAM CARD.

Wallet card with the Preamble, Twelve Steps, Twelve Traditions and Serenity Prayer.

JUST FOR TODAY.

Offers suggestions for making each day special.

M-10 Wallet Card

M-12 Bookmark

M-26 SERENITY PRAYER CARD

S-17 ARE YOU TROUBLED BY SOMEONE'S DRINKING?

Twenty Personal questions help identify a need for Al-Anon.

S-19 DETACHMENT.

Everything you always wanted to know about detachment in easy-to-use handout.

S-25 DID YOU GROW UP WITH A PROBLEM DRINKER?

Twenty questions help individuals decide if they can benefit from Al-Anon.

AUDIO CDs

A-3 ALCOHOLISM, THE FAMILY DISEASE.

Five voices reading from (P-4), a Conference-approved booklet. **60 minutes**

A-5 UNDERSTANDING OURSELVES & ALCOHOLISM/AL-ANON AND ALATEEN 12&12.

Three voices reading from Understanding Ourselves and Alcoholism (P-48), and Al-Anon (P-17) and Alateen's (P-18) Twelve Steps and Traditions. **60 minutes**

A-11 WHAT'S "DRUNK," MAMA?

Gentle voices reassure youngsters that they can be happy even when someone they love is sick. **24 minutes**

AUDIO VISUAL DVDs

AV-31 AL-ANON/ALATEEN'S ROLE IN FAMILY RECOVERY

Short presentations for outreach to professionals, their clients and the public.

PUBLIC INFORMATION PAMPHLETS

P-36 AL-ANON FACT FILE.

Factual information for the general public, media, professional community and those working in the field of alcohol treatment.

16 pages.

P-65 ANONYMITY.

Respect of personal anonymity is explained as well as Al-Anon's public relations policy of attraction. **6 pages.**

S-37 FACT SHEET FOR PROFESSIONALS.

Ideal for acquainting counselors, doctors, teachers, and other helping professionals with Al-Anon. **8 pages.**

M-76 UNHAPPY HOUSE BOOKMARK.

Bookmark to use for Public Information.

X - 20 AL-ANON WELCOMES AUSTRALIAN INDIGENOUS PEOPLE

This leaflet encourages Australian indigenous people to find help in Al-Anon groups.

Includes comments from Australian indigenous Al-Anon members.

S-68 AL-ANON IS FOR... AFRICAN AMERICANS... AFRICAN CANADIANS... ALL PEOPLE OF COLOUR

Useful for group literature racks and for outreach efforts to help people of colour to identify with the Al-Anon Program.

6 Pages FREE

S-69 AL-ANON IS FOR ADULT CHILDREN OF ALCOHOLICS.

Those who grew up with alcoholism can find support and recovery through Al-Anon. Ideal for outreach both inside and outside the fellowship. **5 Pages FREE**

S-70 AL-ANON WELCOMES GAYS AND LESBIANS

This outreach leaflet lets gays and lesbians affected by someone else's drinking know that hope and help are available in Al-Anon.

6 Pages FREE



PI-01 FAMILIES FACING ALCOHOLISM MAGAZINE

Australian Al-Anon's public outreach magazine designed to introduce families of alcoholics to Al-Anon and to the importance of

family recovery from a relative or friend's drinking. Essential information about Al-Anon, members' stories, and articles by professionals are included. Professionals also can use this magazine as an aid for their patient/client referrals to Al-Anon.

GROUP MATERIALS

X-12 AL-ANON P.I. WALLET CARD.

M-78 SPONSORSHIP BOOKMARK.

Working Together to Recover.

S-71 CONFLICT RESOLUTION WALLET CARD.

Handy reminder for members and groups for ways to apply Al-Anon principles to resolving conflicts.

Laminated fold-out card.

S-72 CONFLICT RESOLUTION USING OUR TWELVE TRADITIONS

Cards describe how applying Traditions can help resolve differences. Questions on each Traditions bring Al-Anon principles into the discussion

S-73 CONFLICT RESOLUTION TALK TO EACH OTHER

Booklet containing information to aid members to prevent and deal with conflict in Al-Anon groups and service arms

S-28 LINKS OF SERVICE.

This cartoon foldout graphically depicts Al-Anon's service structure.

S-57 JOY OF SERVICE.

Experience the miracle of growth and recovery through service.

S-60 FACT SHEET FOR ON-LINE MEETINGS.

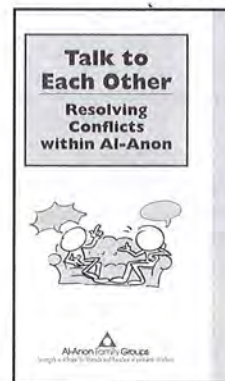
Guidelines for sharing on-line within Al-Anon's policies and traditions.

S-66 FAQ FOR AL-ANON/ALATEEN WEBSITES.

Frequently asked questions and guidelines about creating and maintaining Al-Anon/Alateen websites.

P-35 WHY CONFERENCE APPROVED LITERATURE?

Explains how Al-Anon Conference Approved Literature (CAL) comes to be, and the importance of using only Al-Anon CAL at Al-Anon/Alateen Meetings.



ALATEEN

P-18 TWELVE STEPS AND TWELVE TRADITIONS FOR ALATEEN.

Questions, discussions and personal reflections by Alateen members. A great meeting topic guide. **60 pages**

P-21 YOUTH AND THE ALCOHOLIC PARENT.

Questions and suggestions to help young people improve their own lives. **12 pages**

P-22 IF YOUR PARENTS DRINK TOO MUCH.

Alateen's cartoon booklet. Three separate stories of teenagers with parents who have drinking problems. **24 pages**

P-29 A GUIDE FOR SPONSORS OF ALATEEN GROUPS

Basic information for Alateen Group Sponsors on starting and supporting an Alateen group. **6 pages. Revised 2013**

P-41 FACTS ABOUT ALATEEN.

Explains our fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. **6 pages**

P-59 MOVING ON! FROM ALATEEN TO AL-ANON.

Former Alateen members experience the joy of continued recovery as they transition into Al-Anon. **12 pages**

P-64 ALATEEN'S 4TH STEP INVENTORY.

Intimidated by the Fourth Step? This workbook keeps it simple with questions, cartoons and space to write or draw your feelings. Includes topics on love, attitude,

feelings, self-esteem, relationships and responsibility. Great for Al-Anon and Alateen members of any age! **48 pages**

P-67 DEAR MOM & DAD.

This powerful leaflet gives a clear picture of what Alateen means to Alateen members. For parents, teachers, friends and others. **6 pages**

ALATEEN TALKS BACK ON:

P-68 ACCEPTANCE.

Dealing with reality is the first step toward a healthy, positive way of life. **32 pages**

P-69 SERENITY.

Having the ability to cope with explosive situations helps us to gain control over our lives. **32 pages**

P-70 SLOGANS.

Simple, instant ideas to grasp when we're feeling frustrated and overwhelmed. **32 pages**

P-73 DETACHMENT.

Members share how Alateen recovery helps them to deal with their alcoholic relatives. **32 pages**

M-9 ALATEEN DO'S AND DON'TS.

Helpful suggestions on a wallet card.

M-11 JUST FOR TODAY, ALATEEN.

Wallet card. **4 pages**

M-13 JUST FOR TODAY ALATEEN.

Bookmark.

M-18 ALATEEN PROGRAM CARD.

Wallet card with the Preamble, Twelve Steps, Twelve Traditions, and Serenity Prayer.

S-6 DAILY CHECKLIST OF MYSELF.

For Alateen members continuing to take a daily inventory.

S-20 IS SOMEONE'S DRINKING GETTING TO YOU?

20 questions help teens decide if Alateen is for them.

S-27 ALATEEN SPONSORSHIP - IS IT FOR YOU?

Questions help Al-Anon members decide on Alateen sponsorship.

S-64 INFORMATION FOR EDUCATORS: ALATEEN MEETINGS IN SCHOOL

Answers questions educators ask about Alateen.

X-11 ALATEEN WALLET CARD

Explains need for Alateen – for P.I.



For further information on how Al-Anon Family Groups help people affected by a friend or family member's drinking call **1300 252 666**

Al-Anon Conference-Approved Literature (CAL) presents the Al-Anon program to members of our fellowship and the public at large. All Al-Anon CAL bears this seal along with the words:



Approved by
World Service Conference
Al-Anon Family Groups

This seal and statement give the assurance that the literature is produced only by Al-Anon and is consistent with the Twelve Steps, Twelve Traditions and Twelve Concepts of Al-Anon Family Groups.

AL-ANON FAMILY GROUPS AUSTRALIA PTY. LTD.



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