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One Hour AT A Time Archives Available January 18th 2010: The Big Book Simplified

"In The Big Book Simplified, Lauren T. and Andy P. aim to clarify the key messages in The Big Book of Alcoholics Anonymous. The workbook follows the chapter format of The Big Book, and each chapter concludes with multiple choice and discussion questions. Lauren, an active member of Overeaters Anonymous, wrote this book with a fellow recovering in A.A. They generalize the message of healing to all addicts by writing about "addiction" instead of "alcoholism." Several rehab facilities are teaching the book to their clients, and it sits on the shelves of many bookstores, including www.amazon.com.

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Featured Guest



Lauren T.

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