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# 2013

# CATALOG

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## Shared Recovery in Al-Anon Conference Approved Literature

Many Voices,  
*One Journey*  
Al-Anon Family Groups

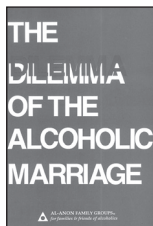


The Al-Anon/Alateen literature and materials in this catalog are available through local Al-Anon Literature Distribution Centers. If there are no Distribution Centers nearby, you can order Al-Anon/Alateen literature and materials using the form on page 14 or from the Al-Anon Online Store at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

**The Dilemma of the Alcoholic Marriage**

Help for the spouse in dealing with problems in alcoholic relationships. Discusses anger, communication, sex, and more. Indexed, softcover. 102 pages.

**B-4 \$8.50**  
B-4c (Case of 24) \$153.00

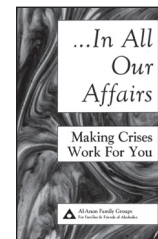


LDC/GSO: \_\_\_\_\_

**... In All Our Affairs: Making Crises Work for You**

Facing difficult situations, members reveal how they applied specific Al-Anon principles. Includes overcoming problems of abuse, death, infidelity, and more. Indexed, softcover. 255 pages.

**B-15 \$12.00**  
B-15c (Case of 24) \$216.00

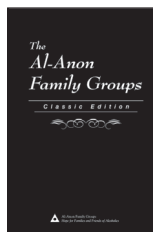


LDC/GSO: \_\_\_\_\_

**The Al-Anon Family Groups—Classic Edition**

Al-Anon's first book, in its original text, remains pertinent, connecting us with our pioneer members' legacy. With a new introduction, footnotes, and appendix. Indexed. 196 pages.

**B-5 \$12.00**  
B-5c (Case of 24) \$216.00

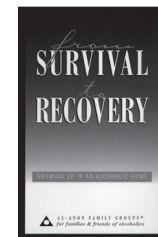


LDC/GSO: \_\_\_\_\_

**From Survival to Recovery: Growing Up in an Alcoholic Home**

Al-Anon adult children tell their stories. Explores the long-term effects of being raised with alcoholism, and why Al-Anon can help. Indexed. 303 pages.

**B-21 \$16.00**  
B-21c (Case of 24) \$288.00

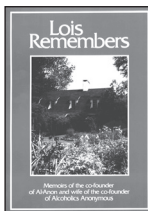


LDC/GSO: \_\_\_\_\_

**Lois Remembers**

Al-Anon's beginnings, as recalled by our cofounder, Lois W. She also describes the eventful years leading up to the founding of A.A. and Al-Anon. Illustrated, indexed, softcover. 208 pages.

**B-7 \$11.00**  
B-7c (Case of 24) \$198.00

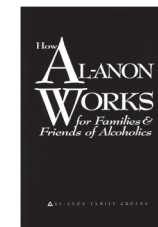


LDC/GSO: \_\_\_\_\_

**How Al-Anon Works for Families & Friends of Alcoholics**

Hardcover edition of Al-Anon's basic book discusses our mutual-help program of recovery, including personal stories. A beginning approach to the Twelve Concepts of Service is included. Indexed. 416 pages. (See also B-32.)

**B-22 \$15.00**  
B-22c (Case of 24) \$270.00



LDC/GSO: \_\_\_\_\_

**Al-Anon's Twelve Steps & Twelve Traditions (Revised)**

Our first two Legacies, the Twelve Steps and Twelve Traditions, come alive through essays, reflections, and members' stories. Indexed. 164 pages.

**B-8 \$10.00**  
B-8c (Case of 24) \$180.00



LDC/GSO: \_\_\_\_\_

**How Al-Anon Works for Families & Friends of Alcoholics**

Softcover edition of Al-Anon's basic book is ideal for sharing widely with newcomers. As a new opportunity to extend the helping hand of Al-Anon, members are encouraged to share this edition with anyone who is looking for a clear and easy-to-understand introduction to the Al-Anon program as a way of "paying our gratitude forward." Available in U.S. and Canada only. Indexed, softcover. 416 pages.

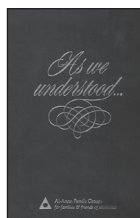
**B-32 \$6.00**

LDC/GSO: \_\_\_\_\_

**As We Understood . . .**

Spirituality, Al-Anon style. Members share their understanding of the spiritual ideas and tools of the Al-Anon program. Indexed. 273 pages.

**B-11 \$11.00**  
B-11c (Case of 24) \$198.00

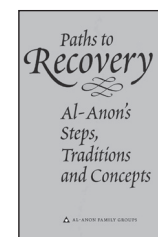


LDC/GSO: \_\_\_\_\_

**Paths to Recovery—Al-Anon's Steps, Traditions, and Concepts**

Thorough study guide for our Legacies. In-depth chapters on each Step, Tradition, and Concept of Service provide insight. Includes thought-provoking questions. Indexed. 366 pages.

**B-24 \$19.00**  
B-24c (case of 24) \$342.00



LDC/GSO: \_\_\_\_\_

Prices are U.S. currency and subject to change. For current prices, check the Online Store on our Web site or contact Al-Anon's World Service Office at (757) 563-1600.

(Many of these items are also available in French and Spanish. You can request the FS-16 or SS-16 order forms from the WSO or download them from our Web site.)

## Al-Anon's first e-book!

### *Having Had a Spiritual Awakening . . .*

This beautiful book features member sharings, color photographs, and artwork from around the globe, reflecting the diversity of Al-Anon members' spiritual experiences. *Having Had a Spiritual Awakening . . .* is now available exclusively as an e-book. 190 pages. Please see your electronic book provider to purchase.

### *Opening Our Hearts, Transforming Our Losses*

Grief and loss affect almost every aspect of living—or having lived—with alcoholism. Members share how they have learned to acknowledge and accept these losses with the help of Al-Anon Family Groups. Indexed, softcover. 201 pages.

**B-29 \$14.00**

B-29c (case of 24) \$252.00

LDC/GSO: \_\_\_\_\_



### *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-30 \$15.00**

B-30c (case of 24) \$270.00

LDC/GSO: \_\_\_\_\_



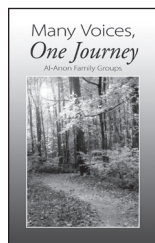
### *Many Voices, One Journey—Al-Anon Family Groups*

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.

**B-31 \$16.00**

B-31c (case of 24) \$288.00

LDC/GSO: \_\_\_\_\_



*All Al-Anon/Alateen material is a collection of the shared experience, strength, and hope of its members, regardless 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.*

## Daily Readers

### *One Day at a Time in Al-Anon*

An Al-Anon classic! Inspirational readings relate Al-Anon philosophy to everyday situations, helping to make each day better than the one before. Indexed. 384 pages.

**B-6 \$11.00**

B-6c (Case of 24) \$198.00

LDC/GSO: \_\_\_\_\_

**B-14 Large-print edition \$14.00**

B-14c (Case of 24) \$252.00

LDC/GSO: \_\_\_\_\_

### *Courage to Change: One Day at a Time in Al-Anon II*

More daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives. Indexed. 384 pages.

**B-16 \$14.00**

B-16c (Case of 24) \$252.00

LDC/GSO: \_\_\_\_\_

**B-17 Large-print edition \$17.00**

B-17c (Case of 24) \$306.00

LDC/GSO: \_\_\_\_\_

## Buy together and save!

### The Set: **ODAT & CTC**

Get both *One Day at a Time in Al-Anon* and *Courage to Change* at a reduced price.

**B-18 \$23.00**

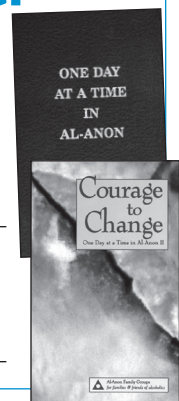
B-18c (Case of 24) \$414.00

LDC/GSO: \_\_\_\_\_

**B-19 Large-print set \$28.00**

B-19c (Case of 24) \$504.00

LDC/GSO: \_\_\_\_\_



### *Hope for Today*

Daily sharings from Al-Anon's adult children members are for anyone who wants to grow in acceptance, compassion, and understanding. Indexed. 383 pages.

**B-27 \$14.00**

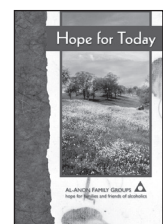
B-27c (Case of 24) \$252.00

LDC/GSO: \_\_\_\_\_

**B-28 Large-print, softcover edition \$17.00**

B-28c (Case of 24) \$306.00

LDC/GSO: \_\_\_\_\_



## Alateen Daily Readers

See page seven for Alateen books

**Note:** If you are purchasing from an Al-Anon Literature Distribution Center (LDC) or General Service Office (GSO), use the price listed after LDC/GSO and send to the separate address in the box on the back page.

**Blueprint for Progress (Original Version)**

Al-Anon's Fourth Step booklet includes reflections and inventory questions on six different aspects of personal growth. 5 1/2 X 8 1/2 , 64 pages. (Also see P-91)

**P-5 \$4.00**

P-5c (Case of 150) \$540.00



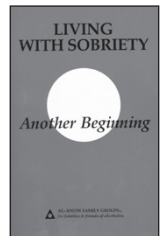
LDC/GSO: \_\_\_\_\_

**Living with Sobriety: Another Beginning**

Sobriety brings new challenges for the family and friends as well as the alcoholic. In this booklet, members share how they met these challenges. Indexed. 52 pages.

**P-49 \$4.00**

P-49c (Case of 150) \$540.00



LDC/GSO: \_\_\_\_\_

**Blueprint for Progress: Al-Anon's Fourth Step Inventory (Revised)**

Workbook for conducting an in-depth inventory, expanded from P-5 to include additional sections on fear, anger, control, intimacy, sex, finances, and spirituality. Spiral bound and 8 1/2 x 11. Three-hole punched. 96 pages.

**P-91 \$9.00**

P-91c (Case of 50) \$405.00



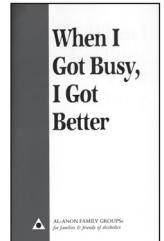
LDC/GSO: \_\_\_\_\_

**When I Got Busy, I Got Better**

The secret to recovery is service. Members share how Twelfth Step work builds self-esteem, confidence, and trust while reducing fear and isolation. 64 pages.

**P-78 \$4.00**

P-78c (Case of 150) \$540.00



LDC/GSO: \_\_\_\_\_

**Remember—**

when you buy from your local Literature Distribution Center, you support your local services.

**NEW!**

**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 8 1/2 x 11. Three-hole punched. 176 pages.

**P-92 \$15.00**

P-92c (case of 24) \$324.00

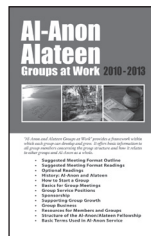
LDC/GSO: \_\_\_\_\_

**Al-Anon and Alateen Groups at Work**

Indispensable resource for members and groups. Includes Meeting Format, as well as ideas and information to encourage group unity. 74 pages.

**P-24 \$1.00**

P-24c (Case of 150) \$135.00



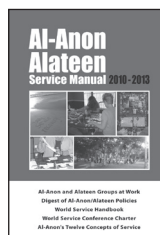
LDC/GSO: \_\_\_\_\_

**Al-Anon/Alateen Service Manual**

Essential reference sourcebook. Contains "Al-Anon and Alateen Groups at Work," "Digest of Al-Anon and Alateen Policies," "World Service Handbook," and descriptive text explaining "Al-Anon's Twelve Concepts of Service." Current edition. Indexed. Spiral bound. 296 pages.

**P-24/27 \$5.00**

P-24/27c (Case of 24) \$108.00



LDC/GSO: \_\_\_\_\_

**Translations are available in 39 languages.**

**See catalog listings on page 14 for details.**

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 Service of Al-Anon Family Groups.

**Al-Anon, You, and the Alcoholic**

Q & A basics address the most common concerns about Al-Anon and how it helps. Eight pages.

P-2 \$.35 LDC/GSO: \_\_\_\_\_



**The Twelve Steps and Traditions**

A pocket-sized starter guide to Al-Anon's Steps and Traditions. Also includes the "Three Obstacles to Success in Al-Anon." 24 pages.

P-17 \$.75 LDC/GSO: \_\_\_\_\_



**Alcoholism, a Merry-Go-Round Named Denial**

An Al-Anon classic! Dramatic analogy helps family members and friends see roles they play in the lives of alcoholics. 24 pages.

P-3 \$.75 LDC/GSO: \_\_\_\_\_



**What Do You Do about the Alcoholic's Drinking?**

Depicts common misconceptions of family members and friends of alcoholics in trying to cope and how Al-Anon can help. Eight pages.

P-19 \$.30 LDC/GSO: \_\_\_\_\_



**Alcoholism, the Family Disease**

Longtime favorite includes personal stories, questions and answers, "Do's and Don'ts," "Just for Today," "Maturity Checklist," and the "Three Obstacles to Success in Al-Anon." 32 pages.

P-4 \$.80 LDC/GSO: \_\_\_\_\_



**Sponsorship, What It's All About**

Basic explanation of sponsorship provides guidance on finding a Sponsor, what to expect, and suggestions for Sponsors. 16 pages.

P-31 \$.40 LDC/GSO: \_\_\_\_\_



P-4L Large-print \$1.50

LDC/GSO: \_\_\_\_\_

**Freedom from Despair**

A message of hope for anyone facing alcoholism, a problem we can't solve alone. Four pages.

P-6 \$.20 LDC/GSO: \_\_\_\_\_



**This Is Al-Anon**

Mini meeting guide includes Al-Anon's Suggested Welcome; Preamble; Serenity Prayer; Twelve Steps, Traditions, Concepts of Service; the slogans; and Closing. 12 pages.

P-32 \$.40 LDC/GSO: \_\_\_\_\_



**A Guide for the Family of the Alcoholic**

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

P-7 \$.35 LDC/GSO: \_\_\_\_\_



**Why Anonymity in Al-Anon?**

Describes personal anonymity as a spiritual principle and how to respect members' confidentiality in everyday situations. Eight pages.

P-33 \$.35 LDC/GSO: \_\_\_\_\_



**Purpose and Suggestions**

Al-Anon's first pamphlet describes our fellowship's purpose and suggestions for applying it to improve our lives. Six pages.

P-13 \$.25 LDC/GSO: \_\_\_\_\_



**Al-Anon Sharings from Adult Children**

Lingering effects of parental alcoholism are illustrated through personal stories. Includes section on how adult children apply the Twelve Steps. 24 pages.

P-47 \$.75 LDC/GSO: \_\_\_\_\_



**So You Love an Alcoholic**

Suggests first steps to take for a changed attitude toward the alcoholic. Unexpected answers to the question, "What shall I do?" Six pages.

P-14 \$.25 LDC/GSO: \_\_\_\_\_



**Understanding Ourselves and Alcoholism**

Learn about the disease and how compulsion, addiction, obsession, and denial affect alcoholics and those close to them. Six pages.

P-48 \$.25 LDC/GSO: \_\_\_\_\_



**Three Views of Al-Anon—Alcoholics Speak to the Family**

Includes "An Open Letter from an Alcoholic" and other insightful essays from A.A. members on why they recommend Al-Anon to the families and friends of alcoholics. Eight pages.

P-15 \$.30 LDC/GSO: \_\_\_\_\_



**Al-Anon Spoken Here**

Keeping it Al-Anon to avoid dilution of our program. Questions and answers help us maintain our focus on Al-Anon, regardless of other interests or affiliations. Eight pages.

P-53 \$.35 LDC/GSO: \_\_\_\_\_



**See page eight for Alateen pamphlets**

**The Concepts—  
Al-Anon's Best-Kept Secret?**

Explains Al-Anon's third Legacy for worldwide service in an easy-to-understand manner. Illustrated. 32 pages.  
P-57 \$1.00

LDC/GSO: \_\_\_\_\_

**Al-Anon's Twelve Traditions Illustrated**

Al-Anon's second Legacy described with simplicity and humor to help us grasp the principles of the Twelve Traditions. Illustrated. 32 pages.  
P-60 \$1.00



LDC/GSO: \_\_\_\_\_

**Does She Drink Too Much?  
From Men, about the Women in Their Lives**

Men affected by women alcoholics share how Al-Anon has helped them. Six pages.  
P-62 \$.30

LDC/GSO: \_\_\_\_\_

**Dear Mom & Dad**

What Alateen means to Alateen members. For parents, teachers, friends, and others. Six pages.  
P-67 \$.30

LDC/GSO: \_\_\_\_\_



**Al-Anon's Cofounders:  
The Extraordinary Work of  
Two Ordinary Women.**

About Al-Anon's beginnings, and how Lois W. and Anne B. founded Al-Anon Family Groups. Six pages.  
P-87 \$.50

LDC/GSO: \_\_\_\_\_

**Service Sponsorship:  
Working Smarter, Not Harder**

Benefits of not doing it alone by having or being a Service Sponsor are explained. Includes tips for effective service experiences. Eight pages.  
P-88 \$.50

LDC/GSO: \_\_\_\_\_



**Al-Anon welcomes anyone affected by someone else's drinking**

**Al-Anon Is for Men**

Helps men identify typical reactions to alcoholism in another person. Six pages.  
P-1 \$.30

LDC/GSO: \_\_\_\_\_

**How Can I Help My Children?**

Inspiring stories by parents describe how they helped their children understand the family disease of alcoholism. 24 pages. Revised 2011.  
P-9 \$.70

LDC/GSO: \_\_\_\_\_

**To Parents of Alcoholics**

Sharings from parents of alcoholics and answers to frequently asked questions help relieve the fear, anger, blame, guilt, and confusion of realizing your child is an alcoholic. (Formerly titled *To the Mother and Father of an Alcoholic*) 16 pages.  
P-16 \$.75



LDC/GSO: \_\_\_\_\_

**The Al-Anon Focus**

Al-Anon members who are recovering alcoholics describe how focusing on the Al-Anon approach has helped them face the effects of someone else's drinking. Six pages.  
P-45 \$.30

LDC/GSO: \_\_\_\_\_

**Parents of Alcoholics Reprint**

Stories from parents of alcoholics describe their struggle with detachment, responsibility, guilt, and letting go. Reprinted from Al-Anon's monthly magazine, *The Forum*. 12 pages.  
R-18 \$1.00

LDC/GSO: \_\_\_\_\_

**Al-Anon's Path to Recovery—  
Al-Anon Family Groups Welcome Native  
Americans/Aboriginals**

Outreach tool for Native communities describes the benefits of the Al-Anon program. Six pages.  
*Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*  
S-67 \$.05

LDC/GSO: \_\_\_\_\_

**Al-Anon Family Groups Welcome...  
African Americans...African Canadians...  
All People of Color**

Outreach tool for people of color can help them identify a need for the Al-Anon program. Six pages.  
*Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*  
S-68 \$.05

LDC/GSO: \_\_\_\_\_

**Al-Anon Family Groups Welcome  
Adult Children of Alcoholics**

Outreach tool for those who grew up with alcoholism. Six pages.  
*Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*  
S-69 \$.05

LDC/GSO: \_\_\_\_\_

**Al-Anon Family Groups Welcome Gays and  
Lesbians**

Outreach tool for gays and lesbians shares that hope and help are available in Al-Anon. Six pages.  
*Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*  
S-70 \$.05

LDC/GSO: \_\_\_\_\_

Alateen provides mutual support meetings for younger family members and friends of alcoholics. There is a wealth of wisdom for members of all ages in our Alateen literature.

## Books/Booklets

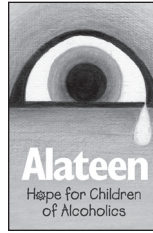
### **Alateen—Hope for Children of Alcoholics**

Basic introductory book for teens affected by someone else's drinking. Easy-to-understand explanation of alcoholism and the Alateen program. Indexed, softcover. 128 pages.

**B-3 \$7.50**

B-3c (Case of 24) \$135.00

LDC/GSO: \_\_\_\_\_



### **Alateen—a day at a time**

Daily help for teens. Positive sharings from Alateen members around the world. Indexed. 384 pages.

**B-10 \$9.50**

B-10c (Case of 24) \$171.00

LDC/GSO: \_\_\_\_\_



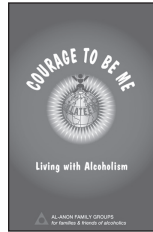
### **Courage to Be Me—Living with Alcoholism**

Alateen's most comprehensive book, filled with shared recovery from Alateen members. Includes workshops for group discussions. Indexed, softcover. 326 pages.

**B-23 \$11.00**

B-23c (Case of 24) \$198.00

LDC/GSO: \_\_\_\_\_



### **Living Today in Alateen**

Alateen's second daily reader shows how members practice the program right now, today. Indexed. 378 pages.

**B-26 \$13.00**

B-26c (Case of 24) \$234.00

LDC/GSO: \_\_\_\_\_



### **Alateen's 4th Step Inventory**

This workbook keeps it simple for members of any age, with questions, cartoons, and space to write or draw your feelings. 48 pages.

**P-64 \$5.00**

P-64c (Case of 150) \$675.00

LDC/GSO: \_\_\_\_\_



### **If Your Parents Drink Too Much**

Alateen's cartoon booklet presents three separate stories of teenagers whose parents have drinking problems. 24 pages.

**P-22 \$5.00**

LDC/GSO: \_\_\_\_\_



### **Alateen Talks Back on: Acceptance**

Alateen members share on accepting the reality of their lives using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

**P-68 \$2.00**

P-68c (Case of 150) \$270.00

LDC/GSO: \_\_\_\_\_



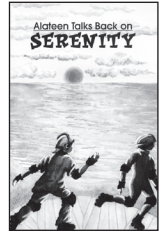
### **Alateen Talks Back on: Serenity**

Alateen members share on searching for serenity using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

**P-69 \$2.00**

P-69c (Case of 150) \$270.00

LDC/GSO: \_\_\_\_\_



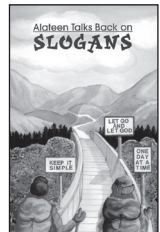
### **Alateen Talks Back on: Slogans**

Alateen members share how the slogans help, using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

**P-70 \$2.00**

P-70c (Case of 150) \$270.00

LDC/GSO: \_\_\_\_\_



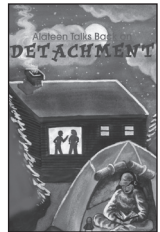
### **Alateen Talks Back on: Detachment**

Alateen members share on letting go with love, using prose, poetry, and artwork from the *Alateen Talk* newsletter. Illustrated. 32 pages.

**P-73 \$2.00**

P-73c (Case of 150) \$270.00

LDC/GSO: \_\_\_\_\_



## Alateen Talk

Quarterly newsletter includes personal sharings from Alateen members and Group Sponsors; news, and activities. For members and groups. Mailed free to all registered Alateen groups. To order, see page 15.



## Pamphlets/Group Materials

### Twelve Steps and Twelve Traditions for Alateen

Great meeting topic guide on our first two Legacies. Includes questions, discussions, and personal reflections by Alateen members. 60 pages.

P-18 \$ .75

LDC/GSO: \_\_\_\_\_



### Youth and the Alcoholic Parent

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

P-21 \$ .40

LDC/GSO: \_\_\_\_\_



### Guide for Sponsors of Alateen Groups

Basic information for Alateen Group Sponsors on starting and supporting an Alateen group. Six pages.

P-29 \$ .10

LDC/GSO: \_\_\_\_\_

### Facts about Alateen

Basic information about Alateen, for young people affected by someone else's drinking. Six pages.

P-41 \$ .25

LDC/GSO: \_\_\_\_\_

### Moving On! From Alateen to Al-Anon

Transitioning into Al-Anon described by former Alateen members as they continue recovery. 12 pages.

P-59 \$ .50

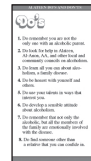
LDC/GSO: \_\_\_\_\_

### Alateen Do's and Don'ts

Helpful suggestions on what to do—and what not to do. Wallet card.

M-9 \$ .05

LDC/GSO: \_\_\_\_\_



### Just for Today (Alateen)

Offers Alateen ideas for making each day special, and reminders for focusing on the present.

M-11 Wallet Card \$ .10

LDC/GSO: \_\_\_\_\_

M-13 Bookmark \$ .10

LDC/GSO: \_\_\_\_\_



### Alateen Logos

For identification purposes at Al-Anon/Alateen events. Self-adhesive red triangles.

M-15 100/\$2.25

LDC/GSO: \_\_\_\_\_

### Alateen Program Card

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

M-18 \$ .05

LDC/GSO: \_\_\_\_\_



### Alateen Table Card

Alateen Table Card in eye-catching red, white, and black reminds Al-Anon members that Alateen is available for their children. Printed on sturdy cardstock, space is provided to fill in the location, day, and time of the nearest Alateen meeting.

M-80 \$ .15

LDC/GSO: \_\_\_\_\_



### Daily Checklist of Myself

For Alateen members taking a daily inventory, this handy Step Ten sheet can help.

S-6 \$ .20

LDC/GSO: \_\_\_\_\_

### Has Your Life Been Affected by Someone Else's Drinking? Alateen Is for You!

Twenty questions help young people decide if Alateen is for them.

Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

S-20 \$ .03

LDC/GSO: \_\_\_\_\_

### Alateen Sponsorship—Is It for You?

Questions for Al-Anon members help to decide about sponsoring an Alateen group.

Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

S-27 \$ .10

LDC/GSO: \_\_\_\_\_



### Information for Educators: Alateen Meetings in Schools

Answers the questions educators ask about Alateen.

Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

S-64 \$ .05

LDC/GSO: \_\_\_\_\_

### Alateen Discount Package

Buy together and save on an assortment of Alateen pamphlets. Includes P-18, P-21, P-22, P-31, P-41, P-59, P-67, S-6, M-9, M-18.

K-6 \$6.75

LDC/GSO: \_\_\_\_\_

### Alateen Discount Package

Buy together and save on the contents of the K-6 Package plus *Alateen—Hope for Children of Alcoholics* (B-3).

K-7 \$10.25

LDC/GSO: \_\_\_\_\_

### Alateen Newcomer Packet

Welcomes new Alateen members with helpful leaflets assembled in a sleeve. Includes P-21, P-22, P-41, P-67, S-4, S-20, M-9, M-13, M-18, and a sample issue of *Alateen Talk*.

K-18 \$1.40

LDC/GSO: \_\_\_\_\_



**Al-Anon Program Card**

Wallet card with Al-Anon Preamble, Twelve Steps, Twelve Traditions, Twelve Concepts of Service, General Warranties, and Serenity Prayer.  
M-7 \$1.00 LDC/GSO: \_\_\_\_\_

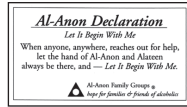


**Legacy Poster Set**

Set of four 2'x 3' posters of Steps, Traditions, Concepts of Service, and Warranties. Rollable and tear-proof, in a reusable storage tube.  
M-75 \$20.00 LDC/GSO: \_\_\_\_\_

**Al-Anon Declaration Card**

"Let It Begin with Me" wallet card reminder.  
M-8 \$1.00 LDC/GSO: \_\_\_\_\_



**Sponsorship—Working Together to Recover**

Bookmark about sponsorship, its purpose, and its focus. Includes essential characteristics of members who sponsor.  
M-78 \$1.00 LDC/GSO: \_\_\_\_\_



**Just for Today**

Offers Al-Anon ideas for making each day special and reminders for focusing on the present.  
M-10 Wallet card \$1.10 LDC/GSO: \_\_\_\_\_



**M-12 Bookmark \$1.10**

LDC/GSO: \_\_\_\_\_

**Alateen Table Card**

Alateen Table Card in eye-catching red, white, and black reminds Al-Anon members that Alateen is available for their children. Printed on sturdy cardstock, space is provided to fill in the location, day, and time of the nearest Alateen meeting.  
M-80 \$1.15 LDC/GSO: \_\_\_\_\_



**Serenity Prayer Card**

"God grant me..." wallet card reminder.  
M-26 \$1.00 LDC/GSO: \_\_\_\_\_



**Table Anonymity Card**

"Whom you see here..." tent card reminds members of confidentiality and our Twelfth Tradition.  
S-9 \$.35 LDC/GSO: \_\_\_\_\_

Available only as free downloads online at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore)

**Archives**

**Al-Anon: Then and Now (AR-2)**

A brief history of Al-Anon, from the beginnings of A.A. to the present.

**A Guide for Families of Al-Anon Members (AR-8)**

Tips for disposition of Al-Anon materials upon death of an Al-Anon member. Assists families of the deceased member.

**Area Request for WSO Research (AR-9)**

Required form for research of historical information in the WSO Archives.

**The Forum**

**Forum Writing Guidelines (F-1)**

Suggestions for submitting stories to Al-Anon's monthly magazine.

**Tips for GRs [Group Representatives] as Forum Representatives (F-2)**

Letting your group know about *The Forum*.

**Group Records**

**Al-Anon Registration/Group Records Change Form (GR-1)**

Stay connected by registering your group or changing information. Available to download online at [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members).

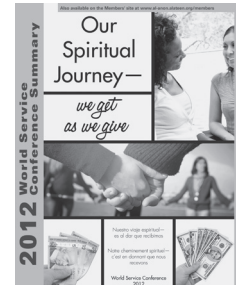
**World Service Conference Summary**

Reports and recovery stories from Al-Anon's annual Conference, held to ensure worldwide service and unity. Includes the World Service Office Annual Report. Current edition. 111 pages.

Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

P-46 \$5.00 each for shipping & handling

LDC/GSO: \_\_\_\_\_



**Video Rentals**

For membership rental only. \$25.00 (includes all postage). Before receiving rental video, a Video Rental Order Form (S-35) must be completed and submitted with payment. Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

**Lois's Story (AV-1)**

Al-Anon cofounder Lois W. describes our fellowship's beginnings. Wonderful for workshops, conventions, and anniversaries. 1971, color, VHS, 30 minutes.

**Lois W. & the Pioneers (AV-24)**

Al-Anon's cofounder, first General Secretary, and first *Forum* Editor recall the formative years of Al-Anon's headquarters. 1982, color, VHS, 22 minutes.

## Guidelines

The shared experiences of Al-Anon and Alateen members. ✓ available in French ✗ available in Spanish  
Available only as free download online at [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members) or [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

- G-1 *Members Interested in Speaking* ✗ ✓
- G-2 *Beginners' Meeting* ✗ ✓
- G-3 *Cooperation between Al-Anon and A.A.* ✗ ✓
- G-4 *Al-Anon Information Services* ✗ ✓
- G-5 *Alateen Meetings in Schools* ✗ ✓
- G-6 *Area Literature Coordinators* ✗ ✓
- G-7 *Participation in an Area A.A. Convention* ✗ ✓
- G-8 *Taking a Group Inventory* ✗ ✓
- G-9 *Outreach to Institutions (also see G-14)* ✗ ✓
- G-10 *Outreach to the Public/Media* ✗ ✓
- G-11 *Group Representative* ✗ ✓
- G-12 *Starting an Al-Anon Group* ✗ ✓
- G-13 *Suggested Programs for Meetings* ✗ ✓
- G-14 *Service in Correctional Facilities* ✗ ✓
- G-15 *District Meetings* ✗ ✓
- G-16 *Alateen Conferences*
- G-18 *Literature Distribution Centers* ✗ ✓
- G-19 *Starting an Alateen Group* ✗ ✓
- G-20 *Al-Anon/Alateen Area Conventions* ✗ ✓
- G-21 *Guideline for Newsletter Editors* ✓
- G-22 *A Meeting on Wheels* ✗ ✓
- G-24 *Area Alateen Coordinators* ✗ ✓
- G-27 *The Open Al-Anon Meeting* ✗ ✓
- G-29 *Outreach to Professionals* ✗
- G-30 *Area Archives* ✗ ✓
- G-31 *Ordering Literature* ✗ ✓
- G-32 *Area Forum Coordinators*
- G-34 *Alateen Safety Guidelines* ✗ ✓
- G-36 *Group Records Coordinator* ✓
- G-37 *District Representatives* ✓
- G-38 *Area Public Outreach Coordinator*
- G-39 *Electronic Meeting Guidelines* ✗ ✓
- G-40 *Guideline for Al-Anon Web sites*
- G-41 *Reserve Fund Guideline* ✗ ✓

### Birthday Plan Envelope

Celebrate your Al-Anon birthday by sending a gratitude donation using this preaddressed envelope. Trilingual (English, French, and Spanish).

E-1 Free

### Memorial Envelope

In memory of a loved one, Al-Anon members may make donations using this card and envelope to send to family members.

E-4 Free

### Individual Envelope (Shoe)

Individual member contributions help express gratitude and ensure our program continues for future generations.

E-5 Free

### Al-Anon Logos

Self-adhesive blue triangles

M-14 100/\$2.25

LDC/GSO: \_\_\_\_\_

### Alateen Logos

Self-adhesive red triangles

M-15 100/\$2.25

LDC/GSO: \_\_\_\_\_

### Why Conference Approved Literature?

About Al-Anon literature, how it is developed from members' shared experiences, and the importance of using it exclusively at Al-Anon/Alateen meetings. Six pages.

P-35 \$ .10

LDC/GSO: \_\_\_\_\_

### Seventh Tradition

Describes the meaning of self-support within the Al-Anon fellowship. Six pages. *Also available as download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*

S-21 \$.25

LDC/GSO: \_\_\_\_\_

### Links of Service

Cartoon foldout gives clear and simple depiction of Al-Anon's service structure. Ten pages. *Also available as download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*

S-28 \$.15

LDC/GSO: \_\_\_\_\_

### Joy of Service

Cartoon leaflet humorously depicts the miracle of growth and recovery through service. Six pages. *Also available as download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*

S-57 \$.10

LDC/GSO: \_\_\_\_\_

### 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-71 \$1.00

LDC/GSO: \_\_\_\_\_

### NEW! Conflict Resolution Using Our Twelve Traditions

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

S-72 \$4.00

LDC/GSO: \_\_\_\_\_

*Available only as free downloads online at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).*

### A.A.'s Resolution of Gratitude (S-10)

A.A.'s salute to Al-Anon, presented in 1969.

### Fact Sheet for Electronic Meetings (S-60)

Guidelines for participating in electronic meetings while keeping within Al-Anon's policies and Traditions. Four pages.

### FAQ for Al-Anon Web Sites (S-66)

Frequently asked questions and guidelines about creating and maintaining Al-Anon Web sites. 12 pages.

# 2013 Public Outreach Materials

Public outreach materials are for members, groups, districts, Al-Anon Information Services (AISs), and Areas to reach out to professionals, the media, institutions, and the public. Professionals can also use these materials to distribute to their clients.

## "Welcome!" Packets

Packets for the newcomer contain basic information about Al-Anon/Alateen. Groups can add local meeting information and literature of special interest.



### Al-Anon Newcomer Packet x ✓

Welcomes first-timers with basic introductory Al-Anon pamphlets assembled in a sleeve. Includes P-7, P-13, P-14, P-48, P-53, P-67, S-4, and M-12.

K-10 \$1.40

LDC/GSO: \_\_\_\_\_

### Alateen Newcomer Packet x ✓

Welcomes new Alateen members with helpful leaflets assembled in a sleeve. Includes P-21, P-22, P-41, P-67, S-4, S-20, M-9, M-13, M-18, and a sample issue of *Alateen Talk*.

K-18 \$1.40

LDC/GSO: \_\_\_\_\_

### Al-Anon Adult Children of Alcoholics Newcomer Packet x

Welcomes those who grew up with parental alcoholism. Includes P-47, P-48, P-53, S-4, S-25, S-69, and M-12 assembled in a sleeve.

K-21 \$2.00

LDC/GSO: \_\_\_\_\_

### Men's Newcomer Packet

Welcomes men affected by someone else's drinking and lets them know they belong. Includes P-1, P-7, P-13, P-14, P-48, P-53, P-62, P-67, S-4, and M-12 assembled in a sleeve.

K-23 \$2.00

LDC/GSO: \_\_\_\_\_

### Parents' Newcomer Packet

Welcomes those whose child has a drinking problem. Includes P-7, P-13, P-14, P-16, P-48, P-53, P-67, S-4, and M-12 assembled in a sleeve.

K-24 \$2.00

LDC/GSO: \_\_\_\_\_

### Professional Packet

Helpful leaflets for professionals who help families and friends of alcoholics. Includes P-41, P-48, S-4, S-17, S-20, S-25, S-37 assembled in a sleeve.

K-30 \$1.25

LDC/GSO: \_\_\_\_\_

K-30c Canadian version \$1.25

LDC/GSO: \_\_\_\_\_

## Helpful materials for public outreach

### Information for the Newcomer x ✓

Brief explanation of Al-Anon for the beginner. Six pages.

S-4 \$.20

LDC/GSO: \_\_\_\_\_

### Detachment x ✓

Easy-to-use handout explains the basics of detachment.

S-19 \$.03

LDC/GSO: \_\_\_\_\_



### Getting in Touch with Al-Anon/Alateen

Locate local Al-Anon and Alateen groups with this listing of Al-Anon Information Services/Intergroups throughout the world. Updated annually. Current edition.

Information also available on-line at [www.al-anon.alateen.org](http://www.al-anon.alateen.org).

S-23 \$.25

LDC/GSO: \_\_\_\_\_

### Are You Concerned about Someone's Drinking? x ✓

Small leaflet for attracting people to Al-Anon.

M-1 \$.03

LDC/GSO: \_\_\_\_\_

### Al-Anon/Alateen Is & Is Not Bookmark x ✓

Helps professionals and others understand Al-Anon and Alateen.

M-44 \$.10

LDC/GSO: \_\_\_\_\_



### Outreach Bookmark x ✓

A simple means to share Al-Anon's message in libraries, waiting rooms, or other public places.

M-76 Free



### Professional Referral Pad x ✓

Easy way for professionals to make referrals to Al-Anon/Alateen.

M-77 \$.75

LDC/GSO: \_\_\_\_\_



## Al-Anon and Alateen's Role in Family Recovery

Al-Anon Family Groups' newest video offers short presentations for outreach to three primary audiences—adults, teens, and professionals. Great for outreach to professionals, their clients, and the public. Available on DVD, 75 minutes in total. (x ✓ subtitles)

DVD: AV-31dvd \$5.00

LDC/GSO: \_\_\_\_\_

✓ Also available in French x Also available in Spanish Also available on-line at [www.al-anon.alateen.org](http://www.al-anon.alateen.org) or [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

# Public Service Announcements (PSAs)

## Broadcast an Al-Anon message on your local TV and radio stations

Every year, hundreds of stations across the U.S. and Canada broadcast our PSAs at no charge. Do the stations in your community have a copy? Give them what they need to encourage more people to find help at Al-Anon meetings. Contact your Area Public Outreach Coordinator for more details.

### Al-Anon/Alateen Public Service Announcements (PSAs) for Television

Videocassette tagged with U.S./Canada toll-free meeting information number. Beta SP format for TV broadcast. Includes multiple PSAs.

View PSAs on-line at [www.al-anon.alateen.org](http://www.al-anon.alateen.org).

AV-30 U.S. English TV PSAs \$30.00 LDC/GSO: \_\_\_\_\_

CAV-30 Canada English TV PSAs \$30.00 LDC/GSO: \_\_\_\_\_

### Al-Anon/Alateen Public Service Announcements for Radio

CD tagged with U.S./Canada toll-free meeting information number.

ACD-30 U.S. English Radio PSAs \$8.00 LDC/GSO: \_\_\_\_\_

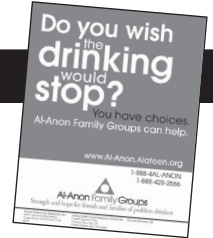
CA-30 Canada English Radio PSAs \$8.00 LDC/GSO: \_\_\_\_\_

### Al-Anon Poster

Let potential members know about Al-Anon with this 8 1/2" x 11" poster. Provides WSO contact information and space for local contact information. Not sold individually.

While supplies last.

M-79 Al-Anon English 5/\$4.00 LDC/GSO: \_\_\_\_\_



## Questionnaires

### Are You Troubled by Someone's Drinking? Al-Anon Is for You!

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

S-17 \$.03 LDC/GSO: \_\_\_\_\_

### Has Your Life Been Affected by Someone Else's Drinking? Alateen Is for You!

Twenty questions for young people to decide if Alateen is for them.

S-20 \$.03 LDC/GSO: \_\_\_\_\_

### Did You Grow Up with a Problem Drinker? Al-Anon Is for You!

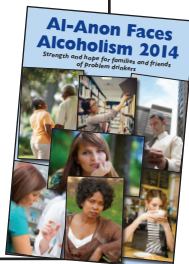
Twenty questions for adult children to decide if they can benefit from Al-Anon.

S-25 \$.03 LDC/GSO: \_\_\_\_\_

### Al-Anon Faces Alcoholism magazine

Annual outreach magazine helps potential newcomers and professionals understand how Al-Anon can help. Available in English, French, and Spanish for members and groups to order in quantity. Check the Members Web site, [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members), for more details.

Also available as free download at [www.al-anon.alateen.org](http://www.al-anon.alateen.org)



For access to additional Public Outreach resources available electronically, please contact the WSO or your Area Public Outreach Coordinator.

## Suggested Reading for Professionals

### Books:

**How Al-Anon Works (softcover edition)**  
B-32 \$6.00 LDC/GSO: \_\_\_\_\_

**Courage to Be Me: Living with Alcoholism**  
B-23 \$11.00 LDC/GSO: \_\_\_\_\_

### Pamphlets:

**Why Anonymity in Al-Anon?**    
P-33 \$.35 LDC/GSO: \_\_\_\_\_

**Understanding Ourselves and Alcoholism**    
P-48 \$.25 LDC/GSO: \_\_\_\_\_

**Al-Anon Spoken Here**    
P-53 \$.35 LDC/GSO: \_\_\_\_\_

**Youth and the Alcoholic Parent**    
P-21 \$.40 LDC/GSO: \_\_\_\_\_

**Facts about Alateen**    
P-41 \$.25 LDC/GSO: \_\_\_\_\_

Also available in French  Also available in Spanish  Also available on-line at [www.al-anon.alateen.org](http://www.al-anon.alateen.org) or [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

## Public Outreach Pamphlets

### Al-Anon Fact File x ✓

Factual information for the general public, media, and professional community. Eight pages.

P-36 \$.25 LDC/GSO: \_\_\_\_\_

### Fact Sheet for Professionals x ✓

Ideal information for professionals, including counselors, doctors, and teachers. Eight pages.

S-37ES English/Spanish \$.15 LDC/GSO: \_\_\_\_\_

S-37EF English/French \$.15 LDC/GSO: \_\_\_\_\_

### Attracting and Cooperating

Al-Anon's Eleventh and Twelfth Traditions are explained for members working with the media and professionals. Eight pages.

S-40 \$.10 LDC/GSO: \_\_\_\_\_



### Alcoholics, Their Families, and the Judicial System x ✓

Helps lawyers, judges, family advocates, and other legal professionals refer families and friends of alcoholics to Al-Anon. Four pages.

S-65EF English/Spanish \$.10 LDC/GSO: \_\_\_\_\_

S-65ES English/French \$.10 LDC/GSO: \_\_\_\_\_

### Al-Anon's Path to Recovery— Al-Anon Family Groups Welcome Native Americans/Aboriginals

Outreach tool for Native communities describes the benefits of the Al-Anon program. Six pages.

S-67 \$.05 LDC/GSO: \_\_\_\_\_



### Al-Anon Family Groups Welcome... African Americans... African Canadians... All People of Color

Outreach tool for people of color can help them identify a need for the Al-Anon program. Six pages.

S-68 \$.05 LDC/GSO: \_\_\_\_\_

### Al-Anon Family Groups Welcome Adult Children of Alcoholics

Outreach tool for those who grew up with alcoholism is ideal for outreach both inside and outside the fellowship. Six pages.

S-69 \$.05 LDC/GSO: \_\_\_\_\_

### Al-Anon Family Groups Welcome Gays and Lesbians

Outreach tool for gays and lesbians shares that hope and help are available in Al-Anon. Six pages.

S-70 \$.05 LDC/GSO: \_\_\_\_\_

### The Best of Public Outreach

Great outreach suggestions for organizing members' activities.

Available only as free download online at [www.al-anon.alateen.org/members](http://www.al-anon.alateen.org/members).

## "Al-Anon Can Help" Series

These are ideal handouts for professionals and facilities.

### What Happens after Treatment?

P-81EF English/French \$.15 LDC/GSO: \_\_\_\_\_

P-81ES English/Spanish \$.15 LDC/GSO: \_\_\_\_\_



### Living in a Shelter?

P-82EF English/French \$.15 LDC/GSO: \_\_\_\_\_

P-82ES English/Spanish \$.15 LDC/GSO: \_\_\_\_\_



### Doubting Your Sanity?

P-89EF English/French \$.15 LDC/GSO: \_\_\_\_\_

P-89ES English/Spanish \$.15 LDC/GSO: \_\_\_\_\_



## Open Letters

Inform professionals how Al-Anon can help. Available as a free download online at [www.al-anon.org/members](http://www.al-anon.org/members), in English, French, and Spanish.

**Open Letter to Spiritual Leaders** (OS-1)

**Open Letter to Doctors** (OD-2)

**Open Letter to a Lawyer** (OL-3)

**Open Letter to My Teacher** (OT-5)

**Open Letter to the Human Services Professional** (OH-6)

**Open Letter to the Student Assistance Professional** (OSP-7)

## Step 1

Item	Catalog #	Price \$	Quantity	Total cost
1				
2				
3				
4				
5				
6				
7				
8				

### Catalogs & Order Forms

One copy of any of the following may be ordered at no charge:

- S-14 Al-Anon/Alateen Directory for Members with Special Needs  
*Listing of services and Al-Anon materials available for members with disabilities.*
- S-15 Catalog: Al-Anon/Alateen Recovery and Service Material
- S-16 Conference Approved Literature (CAL) and Service Materials order form
- FS-16 French Translations listing and order form
- SS-16 Spanish Translations listing and order form
- S-35 Lois's Story/Lois W. & the Pioneers video rental order form
- S-41 The Forum magazine order form

Also available as free download at [www.al-anon.alateen.org/onlinestore](http://www.al-anon.alateen.org/onlinestore).

**Thank you for your order.**

<b>Subtotal</b>	
<b>Virginia Residents add 6% (state sales tax)</b>	
<b>Shipping &amp; Handling in U.S., Bermuda, Puerto Rico</b> for orders totaling \$0-\$100.00 add \$10.00 for orders over \$100.00 add 10%	
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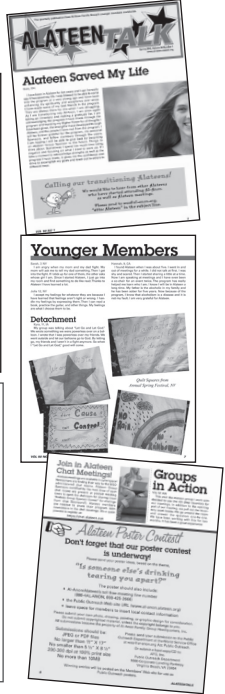
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