



Finding a Home Group: A Guide to Choosing the Right Twelve Step Meeting for You

James G.

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For newcomers and experienced Twelve Steppers alike, this valuable guidebook will guide you in finding the right home group so you can make the most of your meetings.

The first advice most people hear when beginning a Twelve Step program is "Go to meetings." But as most people who have attended several Alcoholics Anonymous or other peer recovery groups will tell you, not all meetings are created equal.

The fact is that a group that's perfect for one person can send someone else running for the door. In this essential guidebook for newcomers and experienced Twelve Steppers alike, James G. describes the various kinds of meetings available, discusses what typically happens in those meetings, and outlines practical points for evaluating groups to identify the best one to meet your personal needs.

With the idea in mind that chemistry is as important as content, James provides practical advice born of decades of solid recovery--years in which he has attended a wide variety of meetings--as well as the experience of other Twelve Steppers interviewed for this book.

James G. is a writer working in the fields of advertising, journalism, and fiction. He credits the wonderful people in his AA home group with helping to save his life--and opening up a whole new world in the process. He lives in a large Midwestern city with his wife, daughters, and Fluffy the cat, "recipient of many a midnight confession." This is his first book.



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