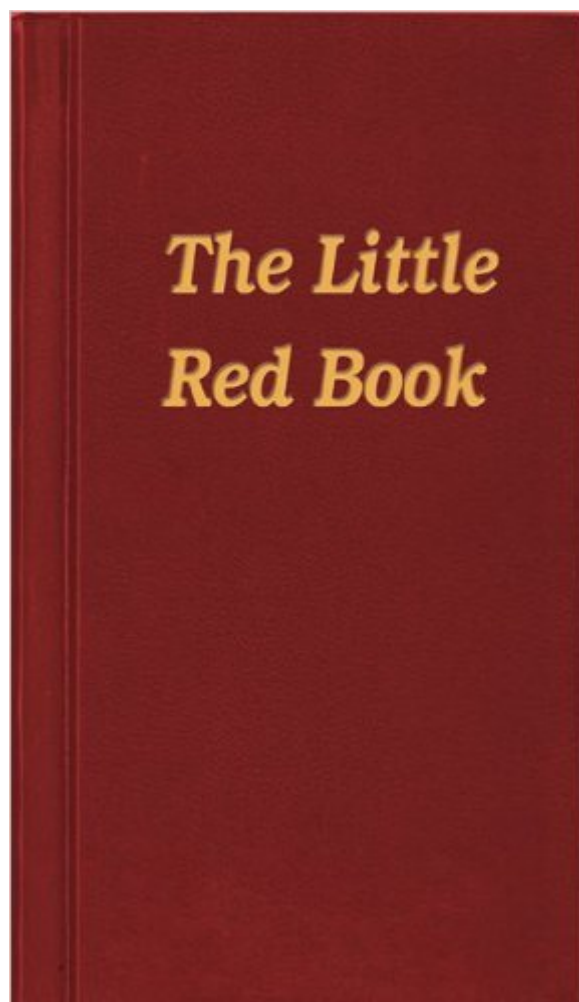


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# The Little Red Book



## Synopsis

This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsor provides in-depth discussions of each of the Twelve Steps and related character defects poses common questions about AA and helping others, identifying where to find answers in the Big Book features non-sexist language

## Book Information

Hardcover: 160 pages

Publisher: Hazelden; Revised edition (September 1, 1987)

Language: English

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Product Dimensions: 0.5 x 3.2 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (144 customer reviews)

Best Sellers Rank: #20,320 in Books (See Top 100 in Books) #15 in [Books > Textbooks >](#)

[Medicine & Health Sciences > Medicine > Clinical > Neurology](#) #40 in [Books > Health, Fitness &](#)

[Dieting > Addiction & Recovery > Twelve-Step Programs](#) #64 in [Books > Health, Fitness &](#)

[Dieting > Addiction & Recovery > Alcoholism](#)

## Customer Reviews

If you are recovering from Alcoholism or desire to, this book along with "The Big Book" (real title "Alcoholics Anonymous") are absolute musts. This book skillfully and lovingly takes you through each of the 12 Steps. It helps the reader to work out an acceptable schedule for living each 24 hours, one day at a time. The Little Red Book is written from practical experience by other alcoholics who have found peace of mind and contentment in sobriety. Do not let the size of this book deceive you! It is jam packed with practical advice and insightful suggestions to help anyone who desires to recover from alcoholism.

The first time that I saw the steps. I thought I knew it all. When I learned that I didn't, I was scared. This book helped me and my sponsees through the steps by keeping them simple.

I was reading the Little Red Book, and the chapter on Step 2, made me evaluate my drinking, and

enter the doors of A.A. That was 30 years ago May 3, and I have never left.

This is a Hazelden book specifically written as a study aid to The Big Book. It helps to clarify and illuminate the 12 step process and is often used by sponsors as they guide their sponsees through the steps. It is a tool which, if used in addition to (and not in replacement of) the basic program literature, may add a layer of depth and understanding to the step process. This book is also used as the basis of step-study groups in some areas. It appears to have been used to a much greater extent in the past than it is now and it deserves a second look for what it may have to offer.

Do NOT get the paperback version of this if you will be using it in a group setting. The text is significantly different than the original hardcover version of the LRB. I learned this on the first day when my book was somewhat different than what people were reading aloud. Seems that somebody tried to "improve" it, but what they did is make it a different book. Worth the extra few bucks to have the same text as everyone else.

This little red book has so much more to offer in the Spiritual realm of the AA Twelve Steps than the Twelve and Twelve alone. In combination with the 12 & 12, nothing is left in doubt!

I too thought I would breeze through the twelve steps. No sweat right? This little book packs a wallop, makes you stop and think deeply about the reality of being an alcoholic and how we think and act even if we don't like hearing about it. Absolute gem! Great addition to the Hazelden books on addiction as well as AA's literature.

I am reading this book for the second time with one of the women I sponsor in AA. We read it cover to cover the first time and found it so deep in content, that we had to read it again. We are almost thru and have committed to make it a "three-pete". Anyone who is interested in understanding the disease of alcoholism or who has read the Big Book of AA and wants supplementary support should invest in this book. It's a must read!

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