



Undrunk: A Skeptics Guide to AA

By A.J. Adams

Hazelden Publishing & Educational Services. Paperback. Condition: New. 216 pages. In this unprecedented book, A. J. Adams uses self-deprecating humor, entertaining anecdotes, and frank descriptions to introduce readers to the complete Alcoholics Anonymous undrunk lifestyle. Beginning with the story of his first AA meeting, he takes the mystery out what goes on behind closed doors, in order to encourage addicts who are reluctant to get help walk through them. My eyes wandered around the room, taking in the strange collection of humanity seeking to claim me as a fellow sufferer. If variety is the spice of life, this crowd was the jambalaya of affliction. Adams addresses the journey through detox and treatment, offering his own struggle of coming to terms with his alcoholism. He then presents a user-friendly history and introduction to AA, the Steps and Traditions, all punctuated by honest descriptions of his own transformation to getting the program. Included are translations of AA lingo designed to put newcomers at ease. Undrunk was written for reluctant newcomers and those who think they might have a problem, dispelling misconceptions that AA is cult-like, secretive, campy, earnest, religious, or lowbrow. It offers family members of alcoholics an accessible tool to encourage...



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