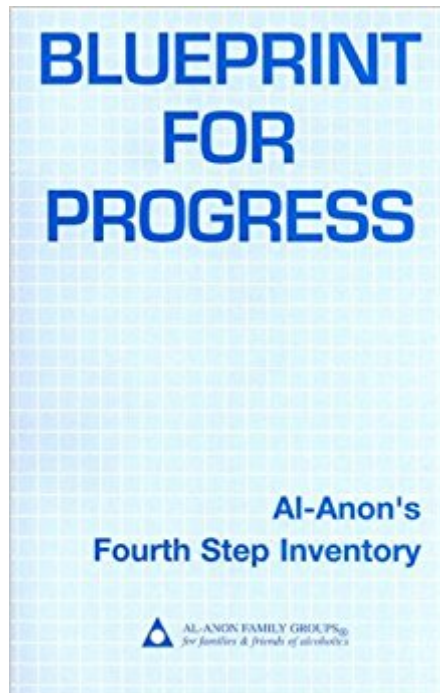




The book was found

Blueprint For Progress: Al-Anon's Fourth Step Inventory



Synopsis

Self-Help, Philosophy, Alcohol and Drug Studies, Sociology. Social Studies

Book Information

Paperback: 62 pages

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Customer Reviews

Self-Help, Philosophy, Alcohol and Drug Studies, Sociology. Social Studies

This book is helpful for anyone wanting to make positive changes in their lives and gain a better understanding of why they think & feel the way they do. Awesome self evaluation/discovery tool!

A great tool for any 12 step member. It does the job helping you analyze your character defects.

Join an Al-Anon group. You cannot change anyone else. You can only change yourself. In the process of becoming the best you, you may discover that others around you change for the better too.

Excellent workbook to really think about your actions in life and how you can move forward (by looking inward)! Whether you are in Al Anon or not it is a worthwhile review of your life! As it says it is a BLUEPRINT FOR PROGRESS!

Just what I needed!

If you're working step four/five this is the tool for the job.

Good solid workbook with durable coiled binding. The actual work that a person does from using this book is well designed and organized. The work pages allow room for writing, but I wrote a lot more than the space allowed for, but that is a personal preference. I highly recommend this book for anyone who wants to explore themselves deeper.

Though this is the older form of Al-anon's Step 4 inventory I'm finding it to be a kinder, gentler version for me. I feel like once I get through this book I'll be well on my way to discovering who I am beneath all the denial and fear I've carried with me for so many years in survival mode. I know Al-anon has a more comprehensive and newer version of this book out now but I'm just not at a place where I can do it at this time.

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