

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

 AL-ANON FAMILY GROUPS

## Paths to Recovery

*Al-Anon Family Groups*

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# Paths to Recovery

*Al-Anon Family Groups*

**Paths to Recovery** Al-Anon Family Groups

Help for families of alcoholics.

## Paths to Recovery Details

Date : Published April 1st 1997 by Al-Anon Family Group Headquarters Inc., U.S.

ISBN : 9780910034319

Author : Al-Anon Family Groups

Format : Hardcover 354 pages

Genre : Nonfiction, Self Help, Inspirational, Reference

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## **From Reader Review Paths to Recovery for online ebook**

### **Jean Marie Angelo says**

This is one of the newer Al-Anon books, relatively speaking. I have found it to be an excellent guide to the 12 steps.

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### **Jenny says**

This book took me a very long time to read, but it was worth it. I did every exercise and answered every question. This book helped me to discover things about myself I never knew. Great words and ideas to live by.

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### **Georgia says**

Has great meaning for me. Practicing the program of recovery outlined presents an opportunity to live a much higher quality of life.

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### **Kelda says**

Too much for people like me who overdo the self-reflection!! But in healthy doses: Way Healthy. I'd recommend it.

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### **Jackballoon says**

This is an excellent book on recovery for alanon members. Its one of the books that stay on the currently reading shelf because there is much more to glean by rereading.

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### **Kelly says**

Valuable reference, heavily detailed, good reference tome for family members of addicts.

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### **Chris Gager says**

Essential for sanity and serenity if one's life got off to a rocky start. Still reading of course.

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**Samantha says**

A very helpful tool for practicing the twelve steps in my al-anon program. Nice personal stories, and insightful questions at the end of each chapter. A great way to point me in the right direction.

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**Chrysta says**

I'm working the steps using Paths to Recovery. A great Al-Anon tool.

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**John B says**

Essential ...

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**Olive says**

LOVE this book in the Al-Anon literature. Such a simple, clear breakdown of the steps with clarifying questions in each section. Super well curated and on purpose.

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**Kathy Cramer says**

Helpful with life events.

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**Jennifer Lindsay says**

We've gone back to the basics which is fabulous for where I am at right now in my life. Back to Step One. Admitting my powerlessness and unmanageability. Accepting that which I cannot change.

I am in a Step and Tradition Study on Tuesday nights and this is the book we use. We're answering the questions about Tradition Two right now. I find that the Traditions are a great guide on how to relate in a healthy way in friend, family, work and love relationships.

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