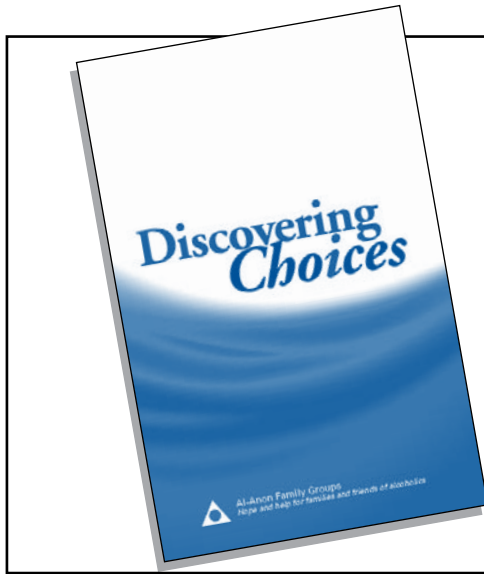


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Discovering Choices

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It also provides hope by sharing why various Al-Anon tools have been helpful in improving our relationships or our attitudes about them.



"Some members describe acceptance as 'living life on life's terms.' Acceptance means putting aside the wish that our situation could be different from what it is. It's a costly luxury to worry, obsess, criticize, or pine for something that we can't have. We pay for this luxury with what we could have: the peace of mind that is available to us today. To reach acceptance of our present circumstances, it is important to come to peace with our past and to heal old wounds. This work in turn assures us that we won't recreate our past relationships in the future."

From *Discovering Choices*, page 169

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