

Contents

Introduction	1
Chapter One: Alcoholism and isolation, 1925-1950	6
Chapter Two: Unity as a path to progress, 1951-1955	35
Chapter Three: Extending the hand of Al-Anon, 1956-1960	72
Chapter Four: Participation is the key to harmony, 1961-1965	96
Chapter Five: Growth and change, 1966-1970	124
Chapter Six: Consolidation and unity, 1971-1975	158
Chapter Seven: Protecting the principles, 1976-1980	183
Chapter Eight: Defining the boundaries, 1981-1985	217
Chapter Nine: Looking within, 1986-1990	248
Chapter Ten: A place to call our own, 1991-1995	276
Chapter Eleven: A new beginning, 1996-2000	306
Chapter Twelve: Taking our inventory, 2001-2005	329
Chapter Thirteen: Planting seeds for new growth, 2006-2010	359
Epilogue	383
Endnotes	392
Twelve Steps	413
Twelve Traditions	414
Twelve Concepts of Service	416
General Warranties of the Conference	417
Index	418