

New from Al-Anon

This latest Al-Anon book will prove useful for thought-provoking individual reading as well as stimulating group discussions. It shares the experiences of hundreds of members as we explore how Al-Anon principles have helped us to acknowledge, understand, and accept the losses we have experienced as a result of someone else's alcoholism. The book covers a wide range of topics including death, financial ruin, abandoned dreams, and vanished self-esteem. With the help of Al-Anon Family Groups we can begin to heal and to live life more fully.



Opening our Hearts Transforming our Losses

“... We can find hope from those who have walked this path before us. As we begin to heal from our losses, we in turn offer this same hope to others. Through our willingness to face our loss openly and honestly, we discover our strength and resilience—not despite it, but because of it.”

From the Introduction to
Opening Our Hearts, Transforming Our Losses

Please Detach

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