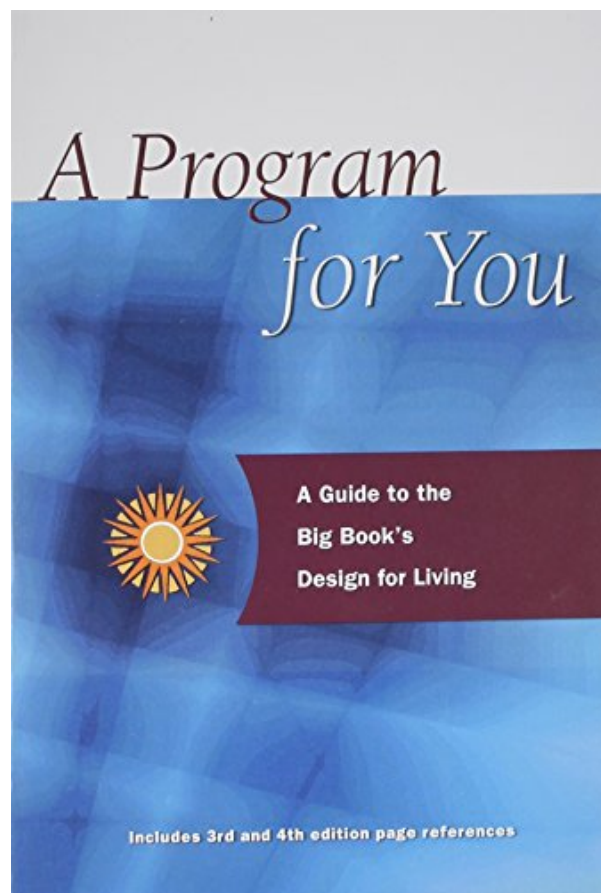
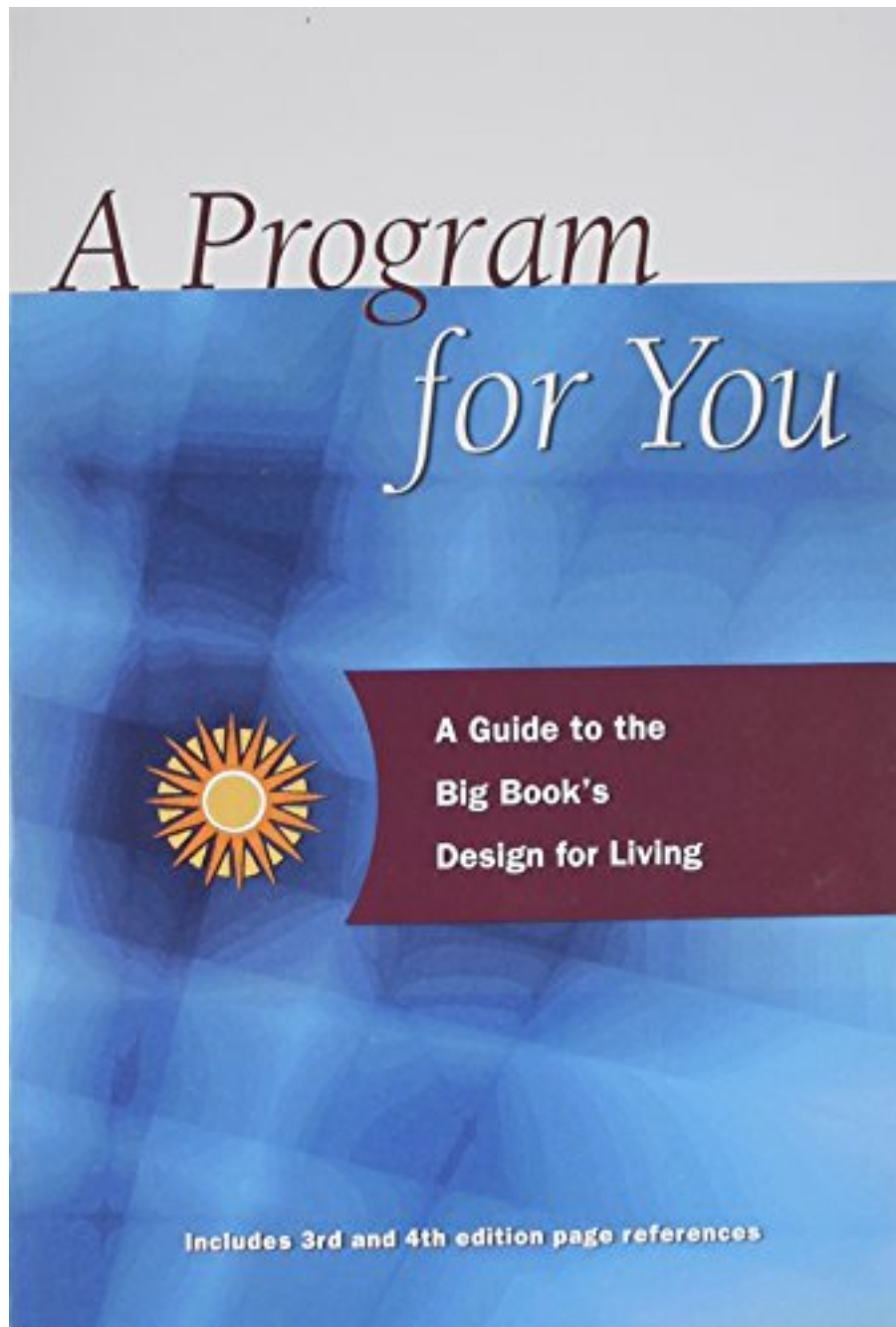


A PROGRAM FOR YOU: A GUIDE TO THE BIG BOOK'S DESIGN FOR LIVING BY ANONYMOUS



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About the Author

Carolyn Barnes is a mother of two and a certified Pilates instructor, an overall health and wellness coach, a motivational speaker, and a TV personality. A former professional dancer, Barnes has been teaching her unique workout and healthy lifestyle system to women and young adults across the country, both privately and on TV. Barnes's cLEAN Momma program, which combines her techniques of dance, basic isometrics, and cardio with a healthy mind-set and smart eating habits, has been featured on Good Morning America, Style TV, KTLA News, CBS News, and The Doctors, as well as in the Los Angeles Times, the Wall Street Journal, the Washington Post, Shape, Fitness, Parenting, and Real Simple, among other publications.

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A Program for You clears our way for discovering positive, powerful answers to these questions. In the years since 1939, the Big Book, Alcoholics Anonymous, has guided millions in their search for a design for healthy living free of addictive behaviors. Now, two program old-timers share their years of intensive study of the Big Book, revealing the vitality of its message for those of us reading it today.

This celebration of the basic text of Twelve Step recovery breathes new life into the Big Book's timeless wisdom. Thoroughly annotated line and page, written with down-to-earth humor and simplicity, and providing a contemporary context for understanding, A Program for You helps us experience the same path of renewal that Bill W. and the first on hundred AA members did.

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About the Author

Carolyn Barnes is a mother of two and a certified Pilates instructor, an overall health and wellness coach, a motivational speaker, and a TV personality. A former professional dancer, Barnes has been teaching her unique workout and healthy lifestyle system to women and young adults across the country, both privately and on TV. Barnes's cLEAN Momma program, which combines her techniques of dance, basic isometrics, and cardio with a healthy mind-set and smart eating habits, has been featured on Good Morning America, Style TV, KTLA News, CBS News, and The Doctors, as well as in the Los Angeles Times, the Wall Street Journal, the Washington Post, Shape, Fitness, Parenting, and Real Simple, among other publications.

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A Program For You

By A Customer

A very readable, thorough, and helpful overview of the AA Big Book. This is actually a textual version of the well known weekend long Big Book Study seminars given by two gentlemen who shall remain anonymous as in the book. I found this to be a great way to delve into the Big Book again and look at it in a structured fashion. Once you are finished with this book you will have learned about the history of AA, the history of the Big Book, read the Big Book, and actually studied the Big Book. It also contains general information on the disease of alcoholism. I believe that this is a refreshing look at the Big Book and will lead

you on the path that the original AA members intended for you to follow. Most AA members at some time feel that they have received most of the information that the Big Book has to offer, this book will give you a new plan to study the Big Book and will renew your interest in the wonderful program of AA.

15 of 15 people found the following review helpful.

An amazing book

By Susan B.

I had the privilege to attend the weekend workshop on which this book is based about six years ago. It was a life-changing experience for me in my recovery from food addiction. This book is almost a word-for-word replica of that workshop (and was approved by the leaders of the workshop). For anyone struggling to understand the Big Book of Alcoholics Anonymous, read this book immediately. It is true to the heart and soul of the "big Book" and completely modernizes the information so that it's easy to understand in today's world.

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Read it over and over

By Karen L. Dark

This book brings a depth of insight into The Big Book of Alcoholics Anonymous. Very readable, practical, and true to the intent of AA. I highly recommend that all AAs have this book in their library to read over and over and to use as a reference. I wore one copy out and have purchased a new one.

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