



AI-Anons Twelve Steps & Twelve Traditions

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Countless thousands of people around the world have been restored to joyful living by practicing the principles embodied in Al-Anon's Twelve Steps and Twelve Traditions.

The Steps outline a program of personal recovery from the often devastating effects of another's alcoholism. The Traditions, which are the gentle guides used by Al-Anon groups, are readily adapted to healing personal relationships.

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