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A book that has prompted necessary change in my life is *Alcoholics Anonymous*. This is a story of how thousands of men and women have recovered from alcoholism. I was introduced to this book in 2000. The book gives a simple 12 step approach to make the necessary changes for an alcoholic to live a sober life. The three most significant things I learned were self acceptance, the capacity to be honest, and tolerance. After reading I was able to accept myself and past, which was a key element to improving other areas in my life. The slogan "one day at a time" became a line that repeatedly ran through my thoughts. One part at a time, one day at a time, we can accomplish any goal we set out for ourselves. I can now take an honest look at myself and realize the part I played. I can look others in the eye instead of staring at my feet and am able to feel good about myself. Facing conditions we would like to change, letting go of people we wish were different, takes tolerance. Toleration of others opens many doors, for them and for us. I never thought a book could have such an impact on life. I will be forever grateful for those that shared their experience to compose such a masterpiece. Thanks to *Alcoholics Anonymous* I have been able to restore myself to sanity. I have been given a gift that was created by nothing more than individuals sharing with one another.