



Recovery at The Crossing

Comprehensive Resource List

Foundations of Recovery and the 12-Steps (Alcoholics Anonymous)

The Life Recovery Bible (NLT) by Stephen Arterburn and David Stoop

The Life Recovery Bible is today's #1-selling recovery Bible and is based on the 12-step recovery model. It was created by two of today's leading recovery experts, David Stoop, Ph.D., and Stephen Arterburn, M.Ed., to lead readers to the source of true healing—God himself.)

Alcoholics Anonymous – The Big Book of Alcoholics Anonymous

Fourth edition (2001) of the Big Book, basic text of A.A. Since the first edition appeared, in 1939, it has helped millions of men and women recover from alcoholism. Chapters describing the A.A. recovery program remain unchanged. New stories have been added to the personal histories.

Twelve Steps and Twelve Traditions AA World Service Organization

Originally published in 1952, Twelve Steps and Twelve Traditions is used by AA members and groups around the world. It lays out the principles by which AA members recover and by which the fellowship functions. The basic text clarifies the Steps which constitute the AA way of life and the Traditions, by which AA maintains its unity. This large-print version has been created for easier readability.

As Bill Sees It by Bill W.

Selected writings from the cofounder of AA touch nearly every aspect of AA's way of life. An aid to individual meditation and a stimulant to group discussion, As Bill Sees It contains 332 short writings with topics indexed for quick access.

The Good Book and The Big Book by Dick B.

Dick B. wrote The Good Book and The Big Book: A.A.'s Roots in the Bible to provide an accurate, comprehensive statement of the basic ideas and principles early AAs took from the Bible as they were developing their spiritual program of recovery and later the Big Book and the Twelve Steps.

Courage to Change: The Christian Roots of the Twelve Step Movement by Bill P. and Dick B. *Courage to Change deals with the influence of Sam Shoemaker on the early years of Alcoholics Anonymous, the writing of the Twelve Steps, and the book Alcoholics Anonymous. Bill Wilson proclaimed at the 1955 International AA Convention, "The early AA got its ideas of self-examination, acknowledgment of character defects, restitution for harm done, and working with others straight from the Oxford Group and directly from Sam Shoemaker.*

Hazeldon 12 Step Pamphlets (12 individual pamphlets or as a set) www.hazeldon.org
Used by patients in recovery centers throughout the nation, these easy-to-read editions are a sure way to gain a basic, and yet thorough, understanding of the significance of each Step.

Drop The Rock - Removing Character Defects – Steps 6 & 7 by Bill P. Todd W. and Sara S. *A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery--or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery.*

A Gentle Path Through The Twelve Steps by Patrick Carnes
This book emphasizes the common themes at the heart of all Twelve Step fellowships and offers an especially clear explanation of what 'working the program' means.

A New Pair of Glasses by Chuck C.
A New Pair of Glasses is an edited transcription of a series of talks given by Chuck C. to a group of alcoholic men at the Pala Mesa retreat in 1975. Although not "official" literature of Alcoholics Anonymous, this book can usually be found in the rooms of AA, as it has helped countless people in their journey of recovery.

Dr. Bob and the Good Oldtimers
The life story of the Fellowship's co-founder interwoven with recollections of early A.A. in the Midwest.

24 Hours A Day – Daily Meditation and Prayer Book from Hazelden www.hazeldon.org
Since 1954, Twenty-Four Hours a Day has become a stable force in the recovery of many alcoholics throughout the world. With over nine million copies in print (the original text has been revised), this "little black book" offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives.

Life Recovery Devotional – Thirty Meditations from Scripture for Each Step in Recovery

by Stephen Arterburn and David Stoop

Inspired by the Life Recovery Bible, The Life Recovery Devotional takes readers on a devotional journey through the Twelve Steps, with thirty inspiring and encouraging meditations from Scripture for each step along the road to recovery. Opens with a complete listing of the Twelve Steps. Also features helpful and encouraging Bible verses from the New Living Translation.

Daily Reflections - Daily Reader

A.A.s reflect on favorite quotations from A.A. literature. A reading for each day of the year.

Grapevine - AA Monthly Publication

Codependency (Al-Anon)

Paths to Recovery – Al-Anon’s Steps, Traditions and Concepts

Paths to Recovery is the definitive book for everyone in Al-Anon. It contains both the 12 Steps and 12 Traditions of Al-Anon, plus other core writings that can help you get on--and stay on--the road to recovery.

Al-Anon’s Twelve Steps and Twelve Traditions

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.

How Al-anon Works for Families and Friends of Alcoholics

How Al-Anon Works for Families and Friends of Alcoholics opens wide the door to a remarkable fellowship of courageous men and women who have experienced the sometimes subtle, but nonetheless devastating effects of another’s alcoholism. It invites us in to see how Al-Anon helps families of alcoholics to overcome even the most negative aspects of their lives and, in turn, extend hope and help to others.

Blueprint For Progress - Al-Anon’s Fourth Step Inventory

Blueprint for Progress provides thought-provoking questions about your fears, relationships, values, self-worth, spirituality, and other concerns, and guides you in “making a searching and fearless moral inventory” of yourself.

Codependent No More - How to Stop Controlling Others and Start Caring for Yourself

by Melody Beattie

Codependent No More recovery has begun for millions of individuals with this straightforward guide. Through personal examples and exercises, readers are shown how controlling others forces them to lose sight of their own needs and happiness.

Beyond Codependency - and Getting Better All the Time by Melody Beattie

In simple, straightforward terms, Beattie takes you into the territory beyond codependency, into the realm of recovery and relapse, family-of-origin work and relationships, surrender and spirituality.

Codependents Guide To The Twelve Steps by Melody Beattie

Interpreting the famous Alcoholics Anonymous Twelve Steps specifically for codependent issues for the very first time, this groundbreaking book combines Melody's expertise with the experience of other people to explain each step and how you can apply it to your particular issues, offer specific exercises and activities to use both in group settings and on your own, and provide a directory of the wide range of Twelve Step programs — including Al-Anon, Codependents Anonymous, Codependents of Sex Addicts, Adult Children of Alcoholics, and more.

Facing Codependence: What It Is, Where It Comes From, How It Sabotages Our Lives

by Pia Melody

Mellody sets forth five primary adult symptoms of this crippling condition, then traces their origin to emotional, spiritual, intellectual, physical and sexual abuses that occur in childhood. Central to Mellody's approach is the concept that the codependent adult's injured inner child needs healing. Recovery from codependence, therefore, involves clearing up the toxic emotions left over from these painful childhood experiences.

Understanding Codependency - The Science Behind It and How to Break the Cycle

by Sharon Wegschieider-Cruse & Joseph Cruse

With updated case studies and exercises, "Understanding Codependency" dispels the notion that the cycle of codependency can't be broken, offering readers a lifeline to the fulfilling relationships and lives they deserve.

One Day At A Time in Al-Anon - Devotional

Provides daily meditations and readings to help families of alcoholics find strength and hope.

Courage to Change - Devotional

Daily inspiration from a fresh, diverse perspective. Insightful reflections reveal surprisingly simple things that can transform lives.

The Forum - Al-Anon Monthly Publication

Codependency (Alateen)

Alateen: Hope for Children of Alcoholics

Offers a straightforward description of alcoholism, what Alateen is, how Alateen works, and gives personal stories of teens with alcoholic loved ones. This is a good book for anyone with a family member or friend who is an alcoholic because it answers all the basic questions a person may have.

Alateen: Courage to Be Me

A treasure-trove of recovery stories specially written by and for Alateens. Every teen living with an alcoholic--recovering or not--should read this book.

Alateen: One Day at a Time - Daily Devotional

Adult Children of Alcoholics (ACA) and Dysfunctional Families

Adult Children of Alcoholics (ACA Big Red Book)

The ACA Fellowship Text was anonymously written by ACA members and provides guidance on working the 12 Step ACA program leading to recovery from the effects of growing up in an alcoholic or otherwise dysfunctional family.

Strengthening My Recovery - ACA Daily Reader

...created from a space of love and gratitude for a Program that has saved countless lives physically, emotionally, and spiritually". "Strengthening my Recovery" is a Daily Affirmation and Meditation book written by and for the Adult Children of Alcoholics / Dysfunctional Families (ACA and ACoA) Fellowship.

Adult Children - the Secrets of Dysfunctional Families by John Friel and Linda Friel

It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one? Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

NA (Narcotics Anonymous)

NA Basic Text (hard cover)

NA's primary book of recovery containing "Our Program" explaining the NA Fellowship and "Our Members Share" that includes personal stories from members worldwide.

The NA Step Working Guides

Essays and questions meant to enhance the individual's understanding of each of the Twelve Steps.

Justs for Today Daily Meditation Book (NA)

Offers a daily recovery principle, topic, NA literature quote, and closing affirmation.

It Works: How and Why (hardcover)

The “How” and “Why” our recovery program works are found in this collective wisdom of our members in 24 essays on NA's Steps & Traditions.

Living Clean (hardcover)

Living Clean is about finding a new way to live; the practice of recovery in our daily lives.

OA (Overeaters Anonymous)

The 12 Steps and 12 Traditions of Overeaters Anonymous

*Created specifically as a study of the OA Twelve Step recovery program, *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* has been revised for clarity and inclusivity—with a restructured Step Four chapter to increase usefulness. Read how, through working the Twelve Steps and studying the Twelve Traditions, members have found “physical, emotional, and spiritual healing that we don’t hesitate to call miraculous.*

For Today and Voices of Recovery (OA)

Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for Overeaters Anonymous members and anyone seeking recovery from compulsive eating. Day-by-day words, prayers, quotes and stories

GA (Gamblers Anonymous)

Big Book - Sharing Recovery Through Gamblers Anonymous

Gamblers Anonymous is a voluntary fellowship of compulsive gamblers gathered for the sole purpose of helping themselves and each other to stop gambling. It is a program of 12 steps that provide a framework of hope, structure and friendship for those who have lived the program and successfully adapted to life. This book describes the routes on the road to this successful adaptation to a life without gambling.

GA A New Beginning (Red Book)

Soft Cover Edition for and about the members and fellowship of Gamblers Anonymous.

GA A Day at a Time Meditation Book

This is a light blue Pocket size hard or soft cover book for daily meditation.

SCA (Sexual Compulsives Anonymous)

SCA The Little Blue Book

Describes the program of SCA. It is written by members and includes the 12 Steps/12 Traditions adapted from Alcoholics Anonymous, 14 Characteristics we have in common, The Tools that Help us Get Better and chapters on Sobriety / Recovery Plans, Sponsorship, Service, what happens at Meetings, how to avoid slips, masturbation, shame and a brief history of the program followed by some useful prayers and meeting formats.

In the Shadows of the Net: Breaking Free from Compulsive Sexual Behavior

by Patrick Carnes

Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved one, this updated second edition of In the Shadows of the Net provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

Out of the Shadows: Understanding Sexual Addiction

by Patrick Carnes

Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. Out of the Shadows is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

SA (Sexaholics Anonymous)

Sexaholics Anonymous Printed Cover Book

SA's basic text with original cover design. Called the white book or manual. The Problem, The Solution, The Fellowship of Sobriety. Basic recovery and meeting information.

Unwanted: How Sexual Brokenness Reveals Our Way to Healing

A ground-breaking resource that explores the “why” behind self-destructive sexual choices. The book is based on research from over 3,800 men and women seeking freedom from unwanted sexual behavior, be that the use of pornography, an affair, or buying sex. Although many of us feel ashamed and unwanted after years of sexual brokenness, the book invites the reader to see that behavior as the very location God can most powerfully work in their lives.

Step Into Action

Insights, member shares, practical methods for working the 12 Step program of SA all from the point of view and experience of SA members.

The Real Connection - 366 Days of Meditations

These 366 days of meditations were written by Sexaholics Anonymous members over a period of years in response to requests made through the Essay newsletter at conventions and workshops, and at home groups and intergroups, for shares on various aspects of recovery.

SA Online Test Test <https://www.sa.org/test/>

Wired for Intimacy: How Porn Hijacks the Male Brain by Will M. Struthers

Pornography is powerful. Our contemporary culture has been pornified, and it shapes our assumptions about identity, sexuality, the value of women and the nature of relationships. Countless Christian men struggle with the addictive power of porn. But common spiritual approaches of more prayer and accountability groups are often of limited help. In this book neuroscientist and researcher William Struthers explains how pornography affects the male brain and what we can do about it.

<https://fightthenewdrug.org>

Fight the New Drug is a non-religious and non-legislative organization that exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts.

Don't Call it Love: Recovery From Sexual Addiction by Patrick Carnes

Every day they face the possibility of destruction, risking their families, fiances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar workers... .Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent “secret” disorder in America: sexual addiction. Here is a ground-breaking work by the nation’s leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder.

Every Man's Battle by Stephen Arterbaum

Shattering the perception that men are unable to control their thought lives and roving eyes, Every Man's Battle shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity—perfect for men who have fallen in the past, those who want to remain strong today, and all who want to overcome temptation in the future.

S-Anon (affected by someone else's sexual addiction)

Working the S-Anon Program

A sharing of the collective experience of the S-Anon International Family Groups fellowship. This book covers specific topics such as abstinence, "slips" in S-Anon, sharing the program with others, and more! See how S-Anon members have put the principles of the Twelve Steps and Twelve Traditions into practice in a variety of situations.

S-Anon 12 steps

A sharing of the collective experience of the S-Anon International Family Groups fellowship, this book offers hope for recovery to people whose lives have been affected by sexaholism by showing how members have put the principles of the Twelve Steps into practice.

Reflections of Hope – meditation book

S-Anon's first daily meditation book. Reflections of Hope embraces the voices of S-Anon men, women and teens, all touched by the effects of another person's sexual behavior. This collection of readings reflects the hope that comes from the experience of banding together to solve our common problems.

Facing Heartbreak: Steps to Recovery for Partners of Sex Addicts by Stephanie Carnes

When you discover that the person you loved and trusted most in the world is hiding a secret life as a sex addict, the result can be devastating. Facing that heartbreak is what this book is all about. The healing process will take time regardless of whether you decide to stay in the relationship or leave. Facing Heartbreak weaves real life stories with practical therapeutic advice and specific tasks that gently educate, empower, and guide the partner of the sex addict through a process of recovery. Using Dr. Patrick Carnes' thirty-task sex recovery model, readers will learn to heal from the heartbreak and betrayal as they discover hope and healing.

Family Recovery

It Takes A Family – a Cooperative Approach to Lasting Sobriety by Debra Jay

*While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. In *It Takes a Family*, Debra Jay takes a fresh approach to the recovery process by making family members and friends part of the recovery team, beginning in the early stages of sobriety.*

Hope For Hurting Parents

Book recommendations, support groups, blogs and other resources for parents of addicted or struggling children. <https://www.hopeforhurtingparents.com>

Boundaries

Boundaries - Where You End and I Begin by Anne Katherine

Anne Katherine explains what healthy boundaries are, how to recognize if your personal boundaries are being violated, and what you can do to protect yourself.

Boundaries - When to Say Yes, How to Say No to Take Control of Your Life

by Henry Cloud and John Townsend

*Are you in control of your life? Often people focus so much on being loved that they forget their limits. In New York Times bestselling book, *Boundaries*, Drs. Cloud and Townsend unpack the ten laws of boundaries, showing you how to bring health and happiness into your relationships.*

Boundaries Face to Face: How to Have that Difficult Conversation You've Been Avoiding

by Henry Cloud and John Townsend

This book continues the flourishing series, with advice on conflict resolution and cultivating mutual respect. "Successful people confront well," the authors observe, laying out tools for readers to stop simply avoiding conflict and start having productive, loving confrontations. Their advice for such conversations is familiar: listen actively; clarify the problem; affirm the other person; acknowledge your own part in the problem; and commit to being an agent for change.

Other Resources and Programs

National Council on Alcoholism and Drug Addiction (NCADA)

NCADA works to reduce or prevent the harms of alcohol and other drug use through education, intervention and advocacy. <http://ncada-stl.org/>

Celebrate Recovery: A Christ-Centered 12 Step Program

<https://www.celebraterecovery.com/>

Pleasure Unwoven: An Explanation of the Brain Disease of Addiction

by Dr. Kevin McCauley

The important question about addiction is: "Is it really a "disease?" This video essay, filmed in high-definition and recipient of NAATP's Michael Q. Ford Journalism Award 2010, presents the arguments for and against this question. Reviewing all the latest research about addiction along the way. Uses the spectacular landscape of Utah's State and National Parks to describe the brain areas involved in addiction, turns complex neuroscientific concepts into easy-to-understand visual images that will help people in recovery feel better understood, and their families and friends feel hope that recovery is possible.

Apps

AA Joe and Charlie Book Study (AA)

AA Big Book (AA, free)

Meeting Guide (AA)

12 Steps Companion (AA)

Twenty-Four Hours a Day: Recovery Meditations (AA)

12 Step Meditations (AA)

AA App 12 Steps Alcoholics - My Spiritual Toolkit (AA)

Drop the Rock AA Workshops (AA)

Inspirations from Hazeldon (AA)

AA Grapevine Magazine (AA)

Al-Anon Speaker Tapes for Al-anon (Al-Anon)

The Language of Letting Go - Daily Meditations on Codependency (Al-Anon)

NA Speaker Tapes and Addiction Recovery Audio (NA)