



The 7 Key Principles of Successful Recovery: The Basic Tools for Progress, Growth, and Happiness

Mel B., Bill P.

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The key principles of Alcoholics Anonymous are widely familiar as seven popular slogans: First things first. Live and let live. Easy does it. Let go and let God. One day at a time. Pass it on. Keep it simple.

This inspiring book explores the deep wisdom behind these simple sayings and shows how the underlying principles relate not only to recovery but also to living happily and well in a confusing world.

Mel B. and Bill P. offer a unique look at the historical, spiritual, and Twelve Step roots of the main principles of recovery. Full of practical help and support, this book gives readers a clear and useful sense of how these principles apply to the main goals of recovery: staying clean and sober, building emotional stability and maturity for successful living in sobriety, and finding the will and the way to get along with others and fulfill our full human potential.

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