

Electronic Al-Anon Conference Approved Literature

Since its founding in 1951, Al-Anon Family Groups published more than 100 books and pamphlets that share Al-Anon's single purpose: to help family and friends recover from the effects of someone else's drinking. **This literature supplements the face-to-face meetings where Al-Anon members share their insights and experiences with each other.**

Al-Anon literature develops entirely from the writings of Al-Anon members throughout the world. Al-Anon literature is usually available at Al-Anon meetings. Some cities, states, and provinces have their own Al-Anon literature distribution centers, where a larger variety of literature is available for purchase.

Al-Anon members are encouraged to support their local Literature Distribution Centers (LDC) by purchasing Al-Anon Conference Approved Literature (CAL) at their local meetings or at their local LDC.

While face to face meetings are not available or if LDCs are not open:

Members are encouraged to support the WSO by purchasing Al-Anon Conference Approved Literature at www.al-anon.org/onlinestore

Page 5 of the 2020 CAL Catalog contains a complete list of Al-Anon/Alateen Electronic Literature https://ecomm.al-anon.org/iCommerce/Store/StoreLayouts/Item_Detail.aspx?iProductCode=S15&Category=OTHER&WebsiteKey=00afcaa0-aaa4-4375-bbeb-650c5e3e0b3c

The following Conference Approved Literature is available for purchase through your electronic media provider. See the "AV/Audio" or "Electronic Literature" categories at www.al-anon.org/onlinestore for more details:

e-Books:

How Al-Anon Works e-book (eB-22)

Having Had a Spiritual Awakening ... e-book (eB-25)

Courage to Change e-book (eB-16)

Alateen – Hope for Children of Alcoholics e-book (eB-3)

Audio Books:

How Al-Anon Works audio book (eA-22)

Courage to Change audio book (eA-16)

One Day at a Time in Al-Anon audio book (eA-6)

The Forum Magazine:

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Pamphlets:

Here is a list of free downloads that provide more information about how Al-Anon can help families and friends of alcoholics:

<https://al-anon.org/for-members/members-resources/literature/downloadable-items/>

Manuals and Guidelines:

Here is a list of free downloads of the *2018-2021 Al-Anon/Alateen Service Manual version two (2)* (P-24/27) and Guidelines.

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

Send Your Sharing:

Everyone has something to share about the Al-Anon program, whether you are a newcomer or longtime member. Al-Anon helps us to recover from the effects of someone else's drinking, to improve and live happier lives. There are tears, fears, joys and laughter. We're able to address and respond to the sorrows, miracles, and setbacks, as well as take steps forward that are part of life.

Recovery is a journey.

You don't have to have all the answers, and your story doesn't have to be perfect. The World Service Office staff will edit for grammar, punctuation and spelling. All you need to do is to share from your heart.

It takes courage to write with complete honesty but finding that courage is a step forward toward recovery for you and those who read your sharing.

The New Daily Reader writing guideline

<https://al-anon.org/pdf/WeStillNeedYourExperience.pdf>

The Forum Magazine writing guideline

<https://al-anon.org/pdf/TheForumWritingGuidelines2017.pdf>

Al-Anon Faces Alcoholism writing guideline

<https://al-anon.org/pdf/AFAwritingGuide.pdf>

Alateen Talk newsletter writing guideline

<https://al-anon.org/pdf/AlateenTalkwritingguidelines.pdf>