

there's **More**
to **Quitting Drinking**
than **Quitting**
Drinking



Dr. Paul O.

Alcoholism is both a drinking and a thinking problem. Recovery can't take place without abstinence, but abstinence alone is not recovery.

Theres More To Quitting Drinking Than Quitting Drinking

Paul O.



Theres More To Quitting Drinking Than Quitting Drinking:

There's More to Quitting Drinking than Quitting Drinking Dr. Paul O.,2022-01-14 And acceptance is the answer to all my problems You may already know of Dr Paul s wisdom through the often quoted passage from his story in the 3rd and 4th editions of A A s Big Book Alcoholics Anonymous Dr Paul continues sharing his astute insight and gentle humor in There s More To Quitting Drinking Than Quitting Drinking with discussions of the physical mental emotional interpersonal and spiritual aspects of sobriety Acceptance Dr Paul writes has to be repeated over and over and over again with every new situation and circumstance It isn t a destination it s a continuous process a journey a philosophy a way of life This book is for the person who has achieved his or her initial goal in a Twelve Step program and now wants more more of everything the program has to offer more of everything they can get by expanding their thinking and extending themselves **There's More to Quitting Drinking Than Quitting Drinking** Paul O.,2003-03-11 This book presents a practical guide for ways of nourishing and enriching your spiritual mental physical and social journey through The Land of Beginning Again Page 223 For the person who has achieved his or her initial goal in a Twelve Step program and now wants more more of everything the program has to offer more of everything they can get by expanding their thinking and extending themselves Back cover

You Can't Make Me Angry Dr. Paul O.,2022-01-14 And acceptance is the answer to all my problems today You may already know of Dr Paul s simple yet profound wisdom in the frequently quoted passage from his story in the Big Book of Alcoholics Anonymous Dr Paul continues sharing his experience strength and hope in this his second book You Can t Make Me Angry By the time you put this book down you will be convinced that people and circumstances don t make us angry we make ourselves angry People can t make us angry unless we let them We alone are responsible for our feelings A measure of the effectiveness of communication is the result it produces If you don t like the results you are getting when communicating with another person there s a great deal you can do about it I m not willing to let any thing or any person put my physical sobriety at risk why should I put less value on my emotional sobriety For physical sobriety we had to give up drinking and for emotional sobriety we have to give up blaming others No longer can we say You made me angry Instead we must accept personal responsibility for our emotional state This much responsibility may seem extreme yet in fact it is a great freedom Henceforth no person or situation can upset us if we don t give them or it permission to do so What could be a greater freedom than that Emotional maturity is like serenity The first time I felt serene I wondered what was happening but I liked the feeling and wanted more The more I got the more I wanted Serenity is addictive *Thirst* James B. Nelson,2004-01-01 This book explores the path of recovery James Nelson writes as he lives with a very special blend of insight wisdom humor and humility Sobriety sustainers and spirituality seekers will be encouraged and enlightened by his work **The Oxford Group & Alcoholics Anonymous** Dick B.,1998 A A s life changing program derived almost exclusively from the precepts of A First Century Christian Fellowship also known as the Oxford Group of which A A was an integral part in its early years This

book is the only study devoted exclusively specifically to the Oxford Group origins ideas principles practices specific impact on A A its Big Book its Twelve Steps *Storytelling in Alcoholics Anonymous* George H. Jensen, 2000 When drinkers attend Alcoholics Anonymous and their spouses attend Al Anon says Jensen English Southwest Missouri State U dramatic changes occur that cannot be accounted for simply by the absence of alcohol He explains how being a member can contribute to the formation of a new identity through the transformative effect of storytelling within its structure Annotation copyrighted by Book News Inc Portland OR Quit Drinking Jonathan S. Parker, 2018-10-18 Have you ever wondered how different your life would be if you stopped drinking for good Do you have an urge to grab a drink sometimes Addiction to alcohol is a very serious disease It can tear families apart lead to financial struggles or even cause premature death Here s some of what you can expect to learn inside the pages of this book Discover the real psychology behind why people drink A step by step recovery method with options for every type of lifestyle and personality Learn the keys to getting back in track if you ever fall from the wagon and simple tricks to make your mind forget about alcohol for good Fool proof lifestyle changes that will have a big impact on your alcohol consumption And much more With lack of help and resources it can be near impossible for some people to recover from alcohol addiction and return to a normal happy and healthy life This book provides research based valuable info for anyone who excessively drinks It provides information to build a new healthier life one without the dominating presence of an alcohol dependency There is no better time to start the journey towards an improved quality of life Start your journey towards becoming a social ninja today **Improving Mental Health for Immigrant Populations** Margarita Alegria, Linda Juang, Amy Marks, Tiffany Yip, 2021-12-31 *The Lutheran Observer* ,1903 **Special Report to the U.S. Congress on Alcohol & Health** ,1990 **Special Report to the U.S. Congress on Alcohol and Health from the Secretary of Health and Human Services** ,1990 **Alcohol and Health** Louis W. Sullivan, 1997 The Special Reports to the U S Congress on Alcohol and Health describe current alcohol related research findings that let us know that we are making progress and that help us to develop a vision for the future Covers alcohol abuse and alcoholism epidemiology genetics and environment neuroscience medical consequences fetal alcohol syndrome and other effects of alcohol on pregnancy outcome adverse social consequences diagnosis and assessment of alcohol use disorders prevention early and minimal intervention and treatment Extensive charts and tables Cole v. Cole, 289 MICH 202 (1939) ,1939 113 Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 **The Saturday Evening Post** ,1923 SCC Library has 1974 89 plus scattered issues *Christian Advocate* ,1929 Epoch ,1888 **More Than They Could Chew** Rob Roberge, 2005-02-01 Nick Ray lives in a world where everything is for sale University Ph D s pig fetuses bomb shelters and vending machine dispensed live bait to name just a few But for the first time in a long time Nick Ray finally has something to sell Determined to be covert about an affair he s having with a woman already spoken for by another woman Nick buys the cheapest computer he can find at a local pawn shop only to discover that the hard drive contains the names and addresses of

dozens of members of the Witness Protection Program Partnering with a hulking Russian gangster with the world's worst fashion sense and a disbarred lawyer who drinks rocket fuel Nick decides to take advantage of his unique discovery Yet despite the impressive credentials of this entrepreneurial dream team Nick soon learns that having something to sell can end up simply making you a valuable commodity to someone else wanting to make a big score *Christian Work* ,1901 The Church School Journal ,1916

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