

- |   |   |
|---|---|
| 1. Let Go And Let God   | 23. Keep Coming Back  |
| 2. One Day At a Time  | 24. If I Get Better, Others Get Better Too                          |
| 3. First Things First   | 25. Get Thy Stuff Together  |
| 4. Just For Today   | 26. Be Gentle With Yourself   |
| 5. K.I.S.S. - Keep It Simple, Stupid  | 27. H.A.L.T. - Hungry, Angry, Lonely, Tired                         |
| 6. Positive Attitude Changes Everything   | 28. If You Don't Drink, You Can't Get Drunk                         |
| 7. Walk Your Talk   | 29. Alcohol Will Take You to Bars When You Don't Want To Go There   |
| 8. Neither regret the past nor shut the door on it. Sometimes our past is our only asset. | 30. Be Patient, God Isn't Through With Me Yet                       |
| 9. Live In the Now  | 31. If It Isn't Broke, Don't Fix It                                 |
| 10. Attitude Of Gratitude   | 32. There Are No Big Deals Now That I'm Sober                       |
| 11. Serenity Prayer   | 33. Things Work Better When We Don't Drink                          |
| 12. Meeting Makers Make It  | 34. One Is Too Many, A Thousand Is Not Enough                       |
| 13. Easy Does It  | 35. We Insist On Being Happy  |
| 14. One Drink Equals Insanity   | 36. Remember To Remember  |
| 15. Honesty, Open-mindedness, Willingness   | 37. This Too Shall Pass   |
| 16. But For The Grace Of God  | 38. Sick And Tired Of Being Sick And Tired                          |
| 17. Think, Think, Think   | 39. No matter what you think or feel, don't pick up the first drink |
| 18. Live and Let Live   | 40. One Day At A Time. Sometimes It Is A Minute At A Time!          |
| 19. Higher Powered  | 41. Always Be Humble  |
| 20. Utilize, Don't Analyze  |   |
| 21. You can't think yourself into a new way of living, you must act your way into it      |   |
| 22. God Help Me - turn it Over - Let Go!  |   |

- |  |  |
|--|--|
| 42. Under every skirt there is a slip, and behind every zipper there is a drink. | 62. If God Seems Far Away, Who Moved?                |
| 43. The Same Person Drinks Again   | 63. Turn It Over                                     |
| 44. Grow or Go   | 64. Nothing Is So Bad, A Drink Won't Make It Worse   |
| 45. We Are As Sick As Our Secrets  | 65. There Are No Coincidences In The Program         |
| 46. A Friend In Need Is A Friend Indeed  | 66. Be Part of The Solution, Not Part Of The Problem |
| 47. The War Is Over - You Lost!  | 67. Sponsors: Have One-Use One-Be One                |
| 48. What does a person do when the band quits playing?                           | 68. I Can't Handle It God; You Take Over             |
| 49. Many do not comprehend that the alcoholic is a very sick person.             | 69. Keep An Open Mind                                |
| 50. The first principle of success is to never get angry.                        | 70. It Works-It Really Does                          |
| 51. Act As If...   | 71. Willingness Is The Key                           |
| 52. Expect a Miracle   | 72. More Will Be Revealed                            |
| 53. I Can't..God Can...<br>I Think I'll Let Him                                  | 73. You Will Intuitively Know                        |
| 54. It Works If You Work It  | 74. You Will Be Amazed                               |
| 55. Stick With the Winners   | 75. No Pain, No Gain                                 |
| 56. Identify, Don't Compare  | 76. Go For It  |
| 57. Recovery is a Journey, Not A Destination                                     | 77. Principles Before Personalities                  |
| 58. Faith Without Works is Dead  | 78. Do It Sober                                      |
| 59. Poor Me...Poor Me...<br>Pour Me Another Drink                                | 79. Let It Begin With Me                             |
| 60. To Thine Own Self Be True  | 80. Sober n' Crazy                                   |
| 61. I Came ...<br>I Came To ...<br>I Came To Believe.                            | 81. Pass It On                                       |
|  | 82. It's In The Book                                 |
|  | 83. You Either Is...Or You Ain't                     |

- |   |  |
|---|--|
| 84. Before You Say "I Can't" Say "I'll try"   | 104. Remember Your Last Drunk                                      |
| 85. Don't Quit 5 Minutes Before the Miracle Happens   | 105. Remember That Alcoholism Is Incurable, Progressive and Fatal  |
| 86. Some Of Us Are Sicker Than Others   | 106. Try Not To Place Conditions On your Recovery                  |
| 87. We're All Here Because We're Not All There  | 107. When All Else Fails, Follow Directions                        |
| 88. Addiction Is An Equal Opportunity Destroyer   | 108. Count Your Blessings  |
| 89. Practice An Attitude Of Gratitude   | 109. Share Your Happiness  |
| 90. The Road To Recovery Is A Simple Journey For Confused People with A Complicated Disease | 110. Respect The Anonymity of Others                               |
| 91. Another Friend Of Bill W's  | 111. Share Your Pain   |
| 92. God Is Never Late   | 112. Let Go Of Old Ideas   |
| 93. Have A Good Day Unless You've Made Other Plans  | 113. Try To Replace Guilt With Gratitude                           |
| 94. Stuff Happens   | 114. What Goes Around, Comes Around                                |
| 95. It Takes Time   | 115. Change Is A Process, Not An Event                             |
| 96. 90 Meetings In 90 Days  | 116. Take The Cotton Out Of Your Ears And Put It In Your Mouth     |
| 97. You Are Not Alone   | 117. Call Your Sponsor Before, Not After, You Take The First Drink |
| 98. Wherever You Go, There You Are  | 118. It's the First Drink That Gets You Drunk                      |
| 99. If nothing changes, nothing changes   | 119. To Keep It, You Have To Give It Away                          |
| 100. Use The 24-Hour Plan   | 120. Man's Extremity Is God's Opportunity                          |
| 101. Make Use of Telephone Therapy  | 121. The Price For Serenity And Sanity Is Self-sacrifice           |
| 102. Stay Sober For Yourself  | 122. One Alcoholic Talking To Another                              |
| 103. Look For Similarities Rather Than Differences  | 123. Take What you Can and Leave the rest                          |

124. What If...?
125. Yes But...
126. If Only...
127. Help Is Only A Phone Call Away
128. Around The Program Or In the Program?
129. You Can't Give Away What You Don't Have
130. Welcome, And "Keep Coming Back"
131. Anger Is But One Letter Away From Danger
132. Courage To Change
133. Easy Does It... But Do It
134. Bring The Body And The Mind Will Follow
135. Hang In There!!
136. Yale to Jail
137. How Sweet It Is!!
138. There Is A God, And You're Not It
139. The Only Time You're Coasting Is When You're Going Downhill
140. I'll Drink Again If I Forget I'm An Alcoholic
141. You Tried Drinking- Now Try Sobriety And Give It An Equal Shot
142. Remember You Can Not Drink
143. If All Else Fails, Follow the Directions In The First 164 Pages
144. If you did not get what you want, think about all the things that you did not want that you did not get
145. HP Doesn't Mean Horsepower
146. When All Else Fails...Don't Drink
147. Check Your Motivations
148. If Your Butt Falls Off, Take It To A Meeting And We'll Fix It
149. If Life Seems Difficult, Think of the Alternative
150. Recovery, A Discovery
151. Carry The Message, Not the Mess
152. 1 2 3 Give Up  
4 5 6 Clean Up  
7 8 9 Make Up  
10 11 12 Keep Up
153. We're not human beings  
Trying to live spiritual lives.  
We're spiritual beings  
Trying to live human lives.
154. Humble Yourself, Or Be Humbled.
155. Alcohol Has Patience
156. Positive Mental Attitude
157. Silence Is My Lover
158. Ask For Help!
159. Learn To Listen, and Listen To Learn
160. A fool is deemed wise when he/she keeps their mouth shut.

February, 2004