



**Step One of The Twelve Steps of Alcoholics Anonymous: Guide, History & Worksheet (The Twelve Steps of Alcoholics Anonymous: Guide, History & Worksheets) (Volume 1)**

*Aaron C.*

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## **Step One of The Twelve Steps of Alcoholics Anonymous: Guide, History & Worksheet (The Twelve Steps of Alcoholics Anonymous: Guide, History & Worksheets) (Volume 1) Aaron C.**

The Twelve Steps in Alcoholics Anonymous are a spiritual solution to addiction. By working the Twelve Steps, millions of people have found hope and recovered. This book starts with Step One and examines what the Big Book of Alcoholics Anonymous prescribes. You will understand what it means to admit being powerless and how to surrender to win. There is also a section on the History of The Twelve Steps & Worksheets to help dig deeper into the triggers underneath the addiction.

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