



Courage to Change: One Day at a Time in Al-Anon II

By Al-Anon Family Group

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The daily meditations, reminders, and prayers from *Courage to Change* help families encourage their recovering alcoholic loved ones and point to Al-Anon's impact as a vital part of recovery.

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Courage to Change: One Day at a Time in Al-Anon II By Al-Anon Family Group Bibliography

- Sales Rank: #235796 in Books
- Brand: Brand: Al-Anon Family Group Headquarters, Inc.
- Published on: 1992-07-01
- Format: Large Print
- Original language: English
- Number of items: 1
- Dimensions: 1.20" h x 6.72" w x 8.38" l, 1.42 pounds
- Binding: Hardcover
- 380 pages

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