

**This is a list of helpful links to all kinds of Zoom meetings (24/7 AA, NA, Recovery Dharma, Humanist, Agnostic, Atheist)**

**24/7 AA and NA**

<http://www.247aaonline.com/>

<https://zoom.nastuff.com/>

**All Zoom AA and NA**

**Zoom NA**

<https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance>

**Zoom AA**

[https://www.brainstormbusinesssolutions.com/?fbclid=IwAR3mc4clrwqSdqPZuHJt4DAoY2gaMh epYF3N\\_HwFf3D9kdRA0focJD66hF4](https://www.brainstormbusinesssolutions.com/?fbclid=IwAR3mc4clrwqSdqPZuHJt4DAoY2gaMh epYF3N_HwFf3D9kdRA0focJD66hF4)

**These are 4 Humanist AA Meetings that I (Tony) Personally host**

Mon - Thursday Meeting at 6:15 (Usually will open meeting several minutes prior)

Topic: Humanist A.A. Meeting 6:15 (M: Humanist Too, T: Humanist with a twist, W: We Humanists, T: The Humanist Happy Hour)

Join Zoom Meeting

<https://us04web.zoom.us/j/6489327783>

Meeting ID: 648 932 7783

Password - acceptance

**Other Agnostic/Atheist Weekly Zoom Meetings**

On Friday - Without a prayer meeting

<https://zoom.us/j/5464389390>

Doors will open at 4:30 and close at 6:30.

On Sunday

Topic: Brooklyn Sober Agnostics Online Sundays

Time: Mar 29, 2020 10:30 AM Eastern Time (US and Canada)

Every week on Sun, 7 occurrence(s)

Join Zoom Meeting

<https://zoom.us/j/717168005>

On Sunday: Reason and Recovery (Atheist Meeting) 6pm PDT, 9pm EST

Zoom ID: 686521002

**Daily meeting in Scotland @ 6pm EST**

Zoom ID code: 5310 46 178 - No PW

### **Ireland Sat Meeting**

854-649-798 Saturday 1PM EST

### **Spreadsheet of secular meetings**

#### **Worldwide**

[https://docs.google.com/spreadsheets/d/1AuWy7FKCG-R\\_pyRZzEjFXkH-Rw\\_0VEzi/edit#gid=104829153](https://docs.google.com/spreadsheets/d/1AuWy7FKCG-R_pyRZzEjFXkH-Rw_0VEzi/edit#gid=104829153)

### **Recovery Dharma (Buddhist AA) Full Schedule of Zoom Meetings**

<https://www.recoverydharmanyc.org/meetings/>

### **Smart Recovery (CBT Based self help)**

<https://www.smartrecovery.org/community/calendar.php?styleid=29>

### **Mens Meetings**

<https://rebelliondogs7.wixsite.com/website>

### **MY Favorite Daily Mens Meeting**

**Everyday: Rule 62** ID: 672521557: 9:00am PDT, 12 Noon EST

**East/West men's stag** every Wednesday 4:30 PST, 7:30 EST 810-5882-4900 password: absolutely

### **Son's Of Serenity Men's meeting** – Mondays 7:30pm

Zoom ID – 7282-956-538 No PW

### **CO ED**

**Living Sober** - Thursdays 6pm **PST** CO-ED Meeting

Meeting ID: 880 9691 6826

Password: 333

### **OMAGOD**

Mon, Wed Fri 7PM EST

Zoom ID – 343-866-2463

Password – 662463

## **Young People's Meetings**

10pm EST Daily Young People's AA Meeting  
Zoom ID 254 537 1206

## **Forever Young AA - Wed 6:30 pm**

Sat 10:00 am meditation

Sun 11:00 am principles

Also Zoom ID 254 537 1206

## **Tuesday West End Young People's Meeting – 6pm EST**

Zoom ID – 926-0567-7059

Password - 83933

## **AA NY Intergroup List Of Telephone and Zoom Meetings**

<https://www.nyintergroup.org/remote-meetings/list-of-remote-meetings-to-join/>

## **This Is Russell Brand's Guide to the 12 Steps (You may find the questions helpful and its overall straight forward language)**

<https://www.russellbrand.com/wp-content/uploads/2020/03/russell-brand-recovery-the-program.pdf>

## **HUMANIST STEPS**

### **Step 1**

We Accepted the reality of our alcoholism and the destructive impact it was having on our lives.

### **Step 2**

We recognized that we needed strengths beyond our own resources to achieve fulfilled, balanced and peaceful lives.

### **Step 3**

We made a decision to seek the collective wisdom and guidance of the men and women in alcoholics anonymous who had achieved long term sobriety. We accepted responsibility for my own recovery.

### **Step 4**

Made a realistic assessment of our defects of character that, if left unaddressed, would eventually undermine our sobriety.

### **Step 5**

Without reservation we shared the nature of our shortcomings with a trusted friend in the program.

### **Step 6**

Having acknowledged our shortcomings we were ready to accept help in diminishing the impact of those defects on our lives.

### **Step 7**

With humility and openness we steadfastly began the work of allaying our destructive character traits.

**Step 8**

Made a list of people we had harmed with the goal of making amends to them all

**Step 9**

We did our best to make amends except where to do so might cause harm and we made a conscientious effort to forgive those who had harmed us.

**Step 10**

We continued the ongoing work of sincere self-evaluation and when we were wrong promptly admitted it.

**Step 11**

We enriched our spiritual lives by contemplation and meditation and embracing the ongoing events of life as lessons for growth with the acceptance of our mistakes as part of our humanity

**Step 12**

We helped those in need of recovery with compassion and sharing the spiritual insights that we learned on our journey and continued to practice the principles of the program in our lives

**OK...Had enough Zoom meetings? Here is a list of Addiction/Recovery Movies and Ted Talks etc...**

**You can find them Online**

**(Netflix, Hulu, YouTube, Amazon Prime Video, Hulu and those FREE Movie sites y'all seem to find that I can't) Or at The one Blockbuster left.**

**Johan Hari – Ted talk – Everything you know about addiction is wrong**

<https://youtu.be/PY9DclMGxMs>

**The Power Of Addiction – Ted Talk**

<https://www.youtube.com/watch?v=66cYcSak6nE>

**Addiction is a disease we should treat it like one – Ted Talk**

[https://www.youtube.com/watch?v=7\\_RGn75JcZ8](https://www.youtube.com/watch?v=7_RGn75JcZ8)

**Why some of us are addicts – Ted Talk**

<https://www.youtube.com/watch?v=BHbuaq5h2A4>

**Judson Brewer – Ted talk – A Simple Way To Break A Bad Habit**

<https://youtu.be/-moW9jvMr4>

**Anthony Hopkins – Pacific group Qualification**

<https://www.youtube.com/watch?v=-pgeNiMYiUk>

**The 12 Steps of AA With Father Martin**

<https://www.youtube.com/watch?v=CuMr-luepLY>

**Joe & Charlie – Working The 4th Step (A lot of their content is great)**

<https://www.youtube.com/watch?v=N-5PvGL60Cc>

**Chuck Klosterman – A New Pair Of Glasses**

[https://www.youtube.com/watch?v=AWfsLce7KnE&list=PL3Q57n3av-LQDDtU\\_S4tPHd0Mu8kDtjjq](https://www.youtube.com/watch?v=AWfsLce7KnE&list=PL3Q57n3av-LQDDtU_S4tPHd0Mu8kDtjjq)

**Earl Hightower – AA Circuit Speaker**

<https://www.youtube.com/watch?v=Enf3mo2Bt9Q>

**Earl Hightower – The Difference between Recovery and Treatment**

<https://www.youtube.com/watch?v=0a30rvrxISY>

**Earl Hightower – Working the 12 Steps**

<https://www.youtube.com/watch?v=GV475ILbhrc>

**This could be why you're depressed or anxious – Johan Hari**

[https://www.ted.com/talks/johann\\_hari\\_this\\_could\\_be\\_why\\_you\\_re\\_depressed\\_or\\_anxious?language=en](https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious?language=en)

## **THE MOVIES**

Beautiful Boy

When A man Loves A Woman

Clean And Sober

Flight

28 Days

Leaving Las vegas

Barfly

Kids

Days of Wine And Roses

My Name is Bill W

The Anonymous People

The Shift

Russell Brand – From Addiction To Recovery

Permanent Midnight

Basketball Diaries

Everything Must Go

Gia

Trainspotting

Thirteen

Affliction

Crazy heart

Drugstore Cowboy

Drunks

Factotum  
The Fighter  
Homerun  
Less than Zero  
Permanent Midnight  
Ray  
Requiem For A Dream  
The Rose  
A Star Is Born  
Rush  
Tender Mercies  
The Boost  
Burnt  
Unguarded  
ESPN E:60 Tony Mandarich  
Postcards from The Edge  
Thanks For Sharing  
Suck It Up Buttercup  
AMY  
Rocketman  
Rachael Getting Married  
Underwater  
MacArthur Park  
Needle Park  
My Name Was Bette  
Acts Of Worship  
Ecstasy Lives Out Of balance  
The Lepers  
Ben Is Back

**AND TO RELAX AND LISTEN TO SOOTHING VOICE**

**THE POWER OF NOW – Eckhart Tolle (AUDIOBOOK)**

<https://www.youtube.com/watch?v=M3RXCRQ4AeM>

**Awakening Through Adversity – Eckhart Tolle**

<https://www.youtube.com/watch?v=bUzC9CrTpoo>

**THE APPS**

**12 Step Companion**

<https://apps.apple.com/us/app/12-steps-companion-aa-big-book/id295775656>

### **Pink Cloud**

<https://apps.apple.com/us/app/pink-cloud-aa-meeting-finder/id1178847734>

### **AA Meeting Guide**

[https://www.aa.org/pages/en\\_US/meeting-guide](https://www.aa.org/pages/en_US/meeting-guide)

### **NA Meeting Finder**

<https://apps.apple.com/us/app/na-meeting-search/id627643748>

## **The 12 Best Meditation Apps For 2020, According To Expert**

### **1. HEADSPACE**

Headspace is one of the most well-known meditation apps out there.

Cost: \$7.99 to \$12.99 per month after trial

Where to find it: Visit [Headspace.com/Womens-Health](https://www.headspace.com/Womens-Health) and use code PRHearst1M for a one-month free trial code, or code HEARST for three months free of a year subscription.

### **2. CALM**

Elmore likes the Calm app when she's feeling choosy about her meditation practice. After all, the app provides guided sessions ranging in time from 3 to 25 minutes. And with topics from calming anxiety to gratitude to mindfulness at work—as well as sleep sounds, nature sounds, and breathing exercises

Cost: Free, in-app purchases

Where To Find: Apple Store and Google Play.

### **3. INSIGHT TIMER**

Experts across the board agree that Insight Timer is primo when it comes to choosing a meditation app..

Cost: Free, in-app purchases

Where To Find: Apple Store and Google Play.

### **4 Aura**

[https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/aura-sleepmindfulness300x0w-1581626452.png?crop=1xw:1xh:center,top&resize=480.\\*](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/aura-sleepmindfulness300x0w-1581626452.png?crop=1xw:1xh:center,top&resize=480.*)

### **AURA**

Fans of Aura like it for its daily meditations, life coaching, nature sounds, stories, and music, which are all personalized based on the mood you select when you open the app.

Cost: Free, in-app purchases

Where To Find: Apple Store and Google Play

## 5. Sattva

[https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/sattva-300x0w-1581626452.jpg?crop=1xw:1xh:center,top&resize=480:\\*](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/sattva-300x0w-1581626452.jpg?crop=1xw:1xh:center,top&resize=480:*)

Sattva is a mindfulness app that draws its meditations from ancient Vedic principles. In addition to 6-minute-plus guided meditations

Cost: Free, in-app purchases Where To Find: Apple Store and Google Play

## 6. YOGA GLO

Tiffany Cruikshank, a registered yoga teacher and founder of Yoga Medicine®, says she loves the YogaGlo app because it has "a large variety of guided meditations to choose from with such well-respected teachers."

Plus, you can customize your workout by choosing the length, teacher, and/or level you want

Cost: Free 7-day trial/ \$22.99 per month after trial

Where To Find: Apple Store and Google Play.

## 7. ENSO

Enso isn't necessarily for beginners. "For those well-versed in meditation, I love the Enso app which has a simple timer that you can set with bells at different intervals to keep you alert and set a soothing endpoint to your practice," Cruikshank says.

Cost: Free, in-app purchases

Where To Find: Apple Store

## 8. Inscape

[https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/inscape-300x0w-1-1581626452.png?crop=1xw:1xh:center,top&resize=480:\\*](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/inscape-300x0w-1-1581626452.png?crop=1xw:1xh:center,top&resize=480:*)

Inscape is a meditation studio in New York City, and the Inscape app is an extension of the Zen room where teachers guide you through mindfulness practices.

Cost: Free, in-app purchases

Where To Find: Apple Store

## 9. buddhify

[https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/buddhify-300x0w-1581626452.jpg?crop=1xw:1xh:center,top&resize=480:\\*](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/buddhify-300x0w-1581626452.jpg?crop=1xw:1xh:center,top&resize=480:*)

buddhify offers over 200 meditations to help with issues like anxiety, stress, sleep, pain and tough emotions.

Cost: \$4.99, plus in-app purchases

Where To Find: Apple Store and Google Play



## **10. Smiling Mind**

[https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/smilingmind-300x0w-1581626452.jpg?crop=1xw:1xh:center,top&resize=480:\\*](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/smilingmind-300x0w-1581626452.jpg?crop=1xw:1xh:center,top&resize=480:*)

Smiling Mind was developed by psychologist to encourage mindfulness practice as a pillar of wellness, much like daily exercise, good sleep, and healthy eating. The app has simple 10-minute daily meditations, which are broken into categories by age (7 - 9, 10 - 12, 13 - 15, 16 - 18, and adults). There are also specific programs for group use in the classroom and at work.

Cost: Free

Where To Find: Apple Store and Google Play

## **11. Simple Habit**

[https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/simplehabit-300x0w-1581626452.png?crop=1xw:1xh:center,top&resize=480:\\*](https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/simplehabit-300x0w-1581626452.png?crop=1xw:1xh:center,top&resize=480:*)

Simple Habit features five-minute meditations from top mindfulness experts at Google to former monks, so there's a little bit of something for everyone. Not only can you get classic guided meditations, but you can also find coaching, motivational guides and bedtime stories.

Cost: Free, in-app purchases

Where To Find: Apple Store and Google Play

## **12. 10% Happier: Meditation For Fidgety Skeptics**

Based on the book by the same name (by ABC news correspondent Dan Harris) the 10% Happier app is perfect "for the skeptic who is not sure that they want to meditate,"

Cost: Free, in-app purchases

Where To Find: Apple Store and Google Play

## **AND FOR THOSE WHO STILL LIKE OR PREFER TO READ**

**(My recent fave is LIT by Mary Karr)**

<https://www.amazon.com/Lit-Memoir-P-S-Mary-Karr/dp/0060596996>

**Blackout: Remembering the Things I Drank to Forget by Sarah Hepola**

I felt like Sarah wrote my story. I very much related to her always feeling "less than" in normal life, and only becoming confident and alive once she poured alcohol down her throat.

**Drinking: A Love Story by Caroline Knapp**

My ultimate addiction memoir. I wish I could have met Caroline before she passed away. This was the first book I read on this subject, and I instantly could relate to her feelings. She was part of the reason I eventually got sober. She made a huge impact on me and is someone I will always be grateful to.

**Girl Walks Out of a Bar: A Memoir by Lisa Smith**

Again, Lisa tells my story. I too was a high-functioning professional with a drinking and cocaine addiction. My addiction always took me to new lows, and cost me many jobs over the years.

**Unwifeable: A Memoir by Mandy Stadtmiller**

Mandy's honesty touched me deeply. I did many things I am deeply ashamed of, and reading her book taught me that I am not alone. I want to meet her and give her a big hug.

**Party Girl: A Novel by Anna David**

I simply love this novel. I used to work in fashion/beauty/celebrity PR, and I related to her lifestyle before she got sober.

**Terry: My Daughter's Life-and-Death Struggle with Alcoholism by George McGovern**

This book broke my heart. Terry achieved long-term sobriety at one time, and she helped many women. She sadly relapsed and eventually died. It made me realize the pain I would have brought to my parents if they had lost me.

**Parched by Heather King**

I really liked this book because it focuses a lot on her spiritual crisis and how it related to her alcoholism. She is a Christian, as am I, and I often battled in my head with being a Christian and being an alcoholic. Eventually my faith brought me to my knees and I began my journey of sobriety after having a spiritual experience. My faith is the foundation for my sobriety today.

**Portrait of an Addict as a Young Man and 90 Days by Bill Clegg**

Clegg is an incredible writer. He comes from the book publishing world and, again, was someone who was successful and smart, but in active addiction. He lost trust of people around him and in his field, but through sobriety he has been able to regain that trust and help many people along the way.

**A Million Little Pieces by James Frey**

James went to my college, Denison University, and is friends with many of my friends, so I loved reading the parts that took place ("fictionally") in Granville, Ohio. This is one of the first books I read about addiction ever, before I realized I had a problem.

**Guts by Kristen Johnston**

This book is unreal. It's amazing that Kristen has survived. What an incredible story of addiction and recovery. Kristen is raw, funny and holds nothing back. I simply adore her.

**High on Arrival by Mackenzie Phillips**

This book is completely honest. I love Mackenzie's rawness, and her incredible recovery that has impacted so many others to find recovery. (She was also a childhood favorite of mine on "One Day at a Time"—ironic title!)

### **How to Murder Your Life by Cat Marnell**

I could not put this book down (literally), talk about gut-wrenching honesty and not holding anything back. When I worked in beauty, Cat was a beauty editor at Lucky and xoJane.com, so I knew of her. I found this book uncomfortable at times and very funny at other times. It is the real deal and Cat is a talented writer, but most of all a survivor.

### **My Fair Junkie by Amy Dresner**

### **Man's Search For Meaning – Viktor Frankl**

### **Twenty-Five Years Of Listening – Glenn Palmer Smith**

## **SOBRIETY/RECOVERY PODCASTS**

### **Sober cast**

<https://podcasts.apple.com/us/podcast/sober-cast-an-unofficial-alcoholics-anonymous-podcast-aa/id1231248537>

### **Recovery Edge**

<https://podcasts.apple.com/us/podcast/recovery-edge/id1522951726>

### **Refuge Recovery**

<https://podcasts.apple.com/us/podcast/refuge-recovery/id1090240258>

### **Smart Recovery**

<https://podcasts.apple.com/us/podcast/smart-recovery-podcasts/id433764979>

### **Let's Talk Recovery**

<https://podcasts.apple.com/us/podcast/lets-talk-addiction-recovery/id1396520088>

### **Addiction Support**

<https://podcasts.apple.com/us/podcast/addiction-support-podcast-addiction-support-for-family/id1061223413>

### **Project Recovery**

<https://podcasts.apple.com/us/podcast/project-recovery/id1456285385>

### **Recovery Power Hour**

<https://podcasts.apple.com/us/podcast/the-recovery-2-0-power-hour-podcast-with-tommy-rosen/id1132361306>

**Best AA Speaker Tapes**

<https://podcasts.apple.com/us/podcast/jimi-jones/id1449351233>

**Mad Dog Recovery**

<https://podcasts.apple.com/us/podcast/mad-dog-recovery-aa-speakers/id1439709777>

**AA Speaker Recordings**

<https://podcasts.apple.com/us/podcast/aa-speaker-recordings-rocketed-org/id1493897241>

**Full Flight - AA Speakers**

<https://podcasts.apple.com/us/podcast/aa-speaker-recordings-rocketed-org/id1493897241>

**AND LAST BUT NOT LEAST MUSIC 151 SONGS ABOUT ADDICTION AND RECOVERY**

<https://spinditty.com/playlists/Songs-About-Addiction-Dependency-Getting-Sober-and-Recovery>

**BONUS TONY'S GEMS**

**(My List of Favorite quotes, sayings from the rooms of AA, NA and everyday life)**

**You will stop worrying about what people think of you when you realize how seldom they do**

**Faith in this fellowship comes easy with repeated experience.**

**You Can't be sober on yesterday's sobriety**

**Don't confuse hard with easy.**

**I didn't pull myself out of the gutter to sit on the curb.**

**Trying to get lasting security teaches us a lot, because if we never try to do it, we never notice it can't be done.**

**Do it scared!**

**Don't cling to a mistake because you spent a long time making it.**

**Today's problems were yesterday's solutions**

**Patience is not the ability to wait, but the ability to keep a good attitude while waiting.**

**Live as if you are living a second time and acted wrongly the first time.**

**When we are no longer able to change a situation, we are challenged to change ourselves.**

**Pain is only bearable if we know it will end, not if we deny it exists.**

**When a man cannot find meaning, he numbs himself with pleasure.**

**Man can only find meaning for his existence in something outside of himself.**

**An abnormal reaction to something abnormal is normal behavior.**

**If we take a man as he is we make him worse, but if we take him as he should be we make him capable of being what he can be.**

**Between stimulus and response is the freedom to choose.**

**Our greatest freedom is the freedom to choose our attitude.**

**There are people who would love to have your bad days.**

**Children are happy because they don't have a file in their minds called "all the things that could go wrong".**

**Lying is deferral of consequences.**

**DISCOVER. ACCEPT, DISCARD.**

**We cannot provide desperation...we can only recognize it by someone's willingness.**

**Expectations are resentments under construction.**

**Drinking is just borrowing happiness from tomorrow.**

**If you are depressed, if you are anxious, you're not weak, you are not crazy... You're a human being with unmet needs.**

**Just like bees evolved to be in hives, humans evolved to live in tribes.**

**Your depression isn't a malfunction, it's a signal.**

**Don't let the life AA gave you get in the way of your AA life.**

**The only person you should strive to be better than, is the person you were yesterday.**

**Just because it's on your mind doesn't make it interesting.**

**An optimist views the world as uncertain.  
I used to think every solution had a problem.**

**I didn't look forward to today until today.**

**We have a tendency to skip over the logs but trip over the toothpicks.**

**If I had just a little bit of humility I'd be perfect.**

**If you want to do something for the right reasons don't get caught doing it**

**Most people go through life trying to learn from their mistakes, in this fellowship we have the benefit of learning from the mistakes of others.**

**You are sitting among your family of understanding**

**Problems cannot be solved with the same mind set that created them**

**If we don't believe in a common problem there is no common solution**

**Early sobriety can feel like a roller coaster but it's better than a merry go round**

**You don't have to have a lot to say to say a lot**

**One Day? Or Day 1**

**If alcohol is your Problem, you're probably not an alcoholic**

**Adversity doesn't build character it reveals it**

**Sobriety can be overrated if you're not happy or at peace**

**It's easy to make things difficult**

**Think twice speak once**

**I couldn't have known what I didn't know until I knew I didn't know it**

**Everyone of you is a part of me I'm getting to know**

**I got high from liquor stores, drug stores and hardware stores**

**Alcohol may temporarily numb the pain but it will ultimately make things much much worse**

**Sobriety may temporarily be uncomfortable but it will ultimately make things much much better.**

**If you've never been a 300 hitter in your career what are the chances that you are now?**

**No amount of grief will change the past and no amount of anxiety will change the future**

**Some AA members are so successful that they turn out to be almost as good as they used to think they were when they were drinking**

**Resentment is like burning down your house to get rid of a rat**

**Resentment is like drinking poison and expecting someone else to die**

**Gossip barbed with anger is a polite form of murder by character assassination.**

**Know the difference between family and relatives.**

**Sometimes we get way too much vitamin "i"**

**The man takes a drink, the drink takes a drink, the drink takes the man**

**There are two theories to arguing neither one works**

**AA is the only place you can get change for a dollar**

**Angry is just Sad's bodyguard**

**Cooperate with the inevitable**

**If you leave the fridge open too long everything will rot**

**So what Now What**

**"Would you really dig into yesterday's garbage to make tonight's meal? Do you dig into yesterday's mental garbage to create today's experiences?"**

**-- Louise Hay**

**You can't change the past but you can change your future by living with intention in the present.**

**Earn your shower (that feeling of clean and well being you get from doing the right thing)**

**My addiction affected everyone around me, I'm gonna make sure my recovery does too.**

**It takes 11 days for a million seconds to pass. It takes 31 years for a billion seconds to elapse. It takes one drink or drug to relapse.**

**A sip is a slip**

**A master has failed more times than a beginner has tried.**

**It's ok to fall apart, Tacos fall apart and we still love them**

**chronic relapse can also be called a chronic trying**

**If you can't let go and let god  
Let go of playing god.**

**Stop worrying about what you think may happen, worry about something when there's something to worry about.**

**I can work on my recovery all day long but tomorrow when I wake up tomorrow I'll still be an alcoholic.**

**Be kind for everyone is fighting a battle you know nothing about.**

**I bang my head against the wall because I love how it feels when I stop**

**“ Don't Complain About The Results you Are Not Getting From The Work YOU 'R' NOT DOING...” — Kevin D.**

**Sometimes medicine Tastes bad**

**The length doesn't determine the strength**

**Pressure Can burst pipes or create diamonds**

**You can give up everything to have that one thing or you can give up that one thing and have everything**

**If nothing changes, nothing changes**

**There is nothing wrong with sobriety in moderation**



**Better a cruel truth than a comfortable delusion**

**You may not be able to control someone's negative behavior but you can control how long you participate in it**

**When you replace the I In illness with we you get wellness**

**The world record for sobriety is 24 hours**

**Was it a bad day or a bad 5 minutes that you milked all day**

**I have not failed I just haven't figured out how to get it right yet - Edison**

**Abraham Lincoln ran for office 28 times before he won**

**Failure is the tuition we pay for success**

**If you can stay sober in AA you can stay sober anywhere**

**The slogans are the bannisters to the steps**

**I wanted to be a boxer until I fought someone who really wanted to be a boxer**

**Recovery delivers on the promise addiction could never keep**

**When you're hysterical it's historical**

**It's never too late to be what you might have been.**

**People often say that motivation doesn't last. Neither does bathing. That's why we recommend it daily**

**"If we are facing in the right direction, all we have to do is keep on walking**

**"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" – Muhammad Ali**

**"Whether you think you can or you think you can't, you're right." – Henry Ford**

**It can take years to build a building but seconds to destroy it**

**Pretend they didn't say it because they shouldn't have**

**Courage is the ability to act in the face of something difficult or scary**

**Comparison is the thief of joy**

**You are valuable despite your imperfections**

**Maybe just May be a powerful way to think**

**I want to find out what will happen next**

**Am I Functioning But like a weak fan is a functioning fan?**

**watch your thoughts they become words Watch your words they become actions Watch your actions they become habits Watch your habits they become character Watch your character it becomes your destiny**

**Didn't cause it can't cure it**

**Talk about how you're feeling if you don't say you're sad you will not get compassion, if you're angry you will not get understanding why would we shortchange ourselves by saying we're fine.**

**We're all in this same boat so Throw each other life preservers Not anvils**

**Car on a full tank will not remain full once it's driving**

**Whatever you think about the most is your higher power**

**It's ok to be dragged kicking and screaming into happiness**

**Can't all be having a bad day at the same time**

**Life isn't all rainbows and orgasms**

**I don't say what I need to  
And I say what I don't need to**

**A year from now you'll wish you started today**

**Once you lose your excuses you will find your results**

**Nobody stays recovered unless the life they've created is more rewarding than the life you left behind.**

**I can guarantee that you will fail at sobriety 100% of times you never try**

**The greatest three words of comfort I heard coming into AA were, “Yeah. Me too.”**

**Grant me the serenity to accept the people I cannot change  
The courage to change the one I can  
And the wisdom to know it's me**

**Alcohol gave me wings to fly and then it took away the sky**

**AA is where total strangers get together to reminisce.**

**If I could drink responsibly I would drink every day**

**Audrey Kishline, the founder of Moderation Management, (the alternative to the total abstinence of AA), killed a father and his twelve-year-old daughter driving in a blackout, spent three years in prison for manslaughter and later committed suicide.**

**I only know one answer that works for the question, “Am I an alcoholic?” The answer, if your life gets better when you stop drinking chances are good that you are**

**It's said that Eskimo's have 50+ words for snow and hundreds more to describe it. Alcoholics have so many different words for alcohol; booze, sauce, nightcap, cocktail and so on. The words for drunk; soused, plastered, shit-faced, three sheets to the wind, tipsy, etc., but the one that resonates with me looking back is wasted. So much of my life, time and my life's energy was wasted in an alcoholic haze. I try to look back without regret but it's hard not to when I think of all I might have been, all that I could have accomplished, all the irreplaceable years gone, all the damage caused and potential lost. But not for good**

**Your sponsor holds the flashlight. You dig.**

**The mind that sees the problem is not necessarily the mind that can solve the problem.**

**If we stay in the rooms long enough, we will hear someone say for us what we are unable to say.**

**AA doesn't promise things are going to get better. It only promises if you don't drink you'll be able to handle things better.**

**Obsession has a mind of its own**

**National Geographic should be photographing our meetings. We are a tribe of sorts, we have a metaphorical campfire exchanging stories we all understand in our own language,**

**we share a common physiology, characteristics and we sure as hell have a common enemy.**

**We are isolators with a herd instinct.**

**I can let go of defending myself, sobriety is gracious, gentle And forgiving.**

**Why is drinking 8 glasses of water a day so daunting?**

**The underlying problem with drinking is being with myself.**

**When I was drinking/using I surrounded myself with people that served to reinforce my belief that what I was doing was normal**

**The purpose of an AA meeting is for the newcomer to find a message of Hope. Hope turns into faith, faith turns into courage, and courage creates a bridge between you and a power greater than yourself. The way we get across that bridge is by getting into action**