



Undrunk: A Skeptics Guide to AA

A.J. Adams

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Undrunk: A Skeptics Guide to AA A.J. Adams

In this unprecedented book, A. J. Adams uses self-deprecating humor, entertaining anecdotes, and frank descriptions to introduce anyone who "just doesn't get" Alcoholics Anonymous to the complete "Undrunk" lifestyle.

My eyes wandered around the room, taking in the strange collection of humanity seeking to claim me as a fellow sufferer. If variety is the spice of life, this crowd was the jambalaya of affliction.

Beginning with the story of his first AA meeting, he takes the mystery out what goes on behind closed doors, dispelling misconceptions of AA as cultlike, secretive, campy, or lowbrow. He then presents a user-friendly history and introduction to AA, explaining the Steps, Traditions, terms, and sayings--all punctuated by honest, often hilarious descriptions of his own struggles and eventual transformation to "getting" the program.

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