



Portland Al-Anon Information Service & Literature Depot

Choosing a Daily Reader

*Consider adding a new title of **Conference Approved Literature** to your personal collection!*

All these titles (and more!) are available from the Portland AIS.

All Daily Readers are indexed by topic. So, they can be read “by the calendar” or you can use the index to look up any particular topic which may be of interest.

One Day at a Time in Al-Anon (B-6) This is our original daily reader – published when most Al-Anon members were the wives of recovering alcoholics. Yet, its wisdom has stood the test of time, still applicable today to a variety of relationships.

Alateen – a day at a time (B-10) Positive sharing’s provide daily help for teens, and former teens. If you have not yet included Alateen Conference Approved Literature (CAL) in your reading, this book is a great starting point.

Courage to Change – One Day at a Time in Al-Anon II (B-16) Daily inspiration from a fresh, diverse perspective. Sharing’s come from members with a variety of relationships with the alcoholics in their lives.

Living Today in Alateen (B-26) Alateen’s second daily reader features more recent sharing’s for teens and pre-teens in recovery.

Hope for Today (B-27) Daily sharing’s from Al-Anon’s adult children members are for anyone who wants to grow in acceptance, compassion and understanding.

A Little Time for Myself (B-34) Al-Anon’s latest daily reader shares the personal experiences and many voices of the Al-Anon fellowship today, illustrating that Al-Anon is indeed for anyone affected by someone else’s drinking.

When you buy from the Portland AIS, you support our local services.

Contact anytime via e-mail ais@al-anonportlandoregon.org

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