



Portland Al-Anon Information Service & Literature Depot

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## Detachment

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

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**Detachment** (S-19) This easy to use leaflet summarizes the basics of detachment.

**Alcoholism, a Merry-Go-Round Named Denial** (P-3) This is an Al-Anon Classic, representing the life of an alcoholic as a play. While the alcoholic may appear to be the star of the show, this pamphlet emphasizes the other members of the cast and their opportunities to instigate change. Introduced over 50 years ago (1969), yet just as relevant today!

**Alcoholism, the Family Disease** (P-4) This long-time favorite includes personal stories, questions and answers, a maturity checklist, and more

**Freedom from Despair** (P-6) A message of hope for anyone facing alcoholism, a problem we can't solve alone.

**What Do YOU Do about the Alcoholic's Drinking?** (P-19) Explores common misconceptions of family members and friends of alcoholics in trying to cope, and how Al-Anon can help.

**How Al-Anon Works for Families and Friends of Alcoholics** (B-32) This book explores many Al-Anon basics, including the steps, the slogans, detachment, and more.

**Discovering Choices** (B-30) Find out how the tools of Al-Anon can be used to improve relationships which have been affected by alcoholism. Each chapter includes stories submitted by members as well as questions for reflection or discussion.

**Alateen talks back on: Detachment** (P-73) Alateen members share on letting go with love. Insight from our younger members.

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*Contact anytime via e-mail [ais@al-anonportlandoregon.org](mailto:ais@al-anonportlandoregon.org)*

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