



Portland Al-Anon Information Service & Literature Depot

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## The Concepts

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***The Concepts: Al-Anon's Best-Kept Secret?*** (P-57) Learn about Al-Anon's third Legacy. This illustrated pamphlet includes an introductory section, as well as an explanation of each Concept.

***Al-Anon / Alateen Service Manual*** (P-24/27) This is the essential reference book for anyone interested in Al-Anon Service. The fourth section of the Service Manual is specifically devoted to the Concepts. Fifty pages in length, this section includes the History of the Concepts as well as an Introduction and a detailed explanation of each Concept and each Warranty. "*Al-Anon's Twelve Concepts of Service* deals with the 'why' of our service structure in such a way that the valuable experience of the past and the lessons drawn from that experience can never be forgotten or lost."

***How Al-Anon Works for Families and Friends of Alcoholics*** (B-32) This book explores many Al-Anon basics, including a chapter about the Concepts. This features a section about "Learning and Growing as We Carry the Message", as well as a brief explanation of each Concept.

***Reaching for Personal Freedom*** (P-92) Living the Legacies. A workbook for using Al-Anon's Twelve Steps, Traditions, and Concepts of Service in one's personal life. Each chapter begins with a brief introduction followed by personal stories of how members have applied each Legacy to their personal lives. Questions address each personal story.

***Paths to Recovery*** (B-24) This is a thorough study guide for our Legacies, with an in-depth chapter for each Step, Tradition and Concept of Service. Each chapter includes an explanatory section followed by personal stories and questions for reflection/discussion. The companion ***Paths to Recovery Workbook*** (P-93) contains the questions from the book with spaces to write the answers. These are available together as a set (K-31).

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

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