



# One Day At A Time In Al-Anon

*By Al-Anon*

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## **One Day At A Time In Al-Anon** By Al-Anon

Although we generally refer to the Al-Anon member as "she" there are men as well as women in most groups. This book suggests living one day at a time, and the ways in which we may find in each day a measure of comfort, serenity and a sense of achievement

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