

*Can a person achieve sobriety all alone by reading A.A. literature?*

A few people have stopped drinking after reading Alcoholics Anonymous, the A.A. "Big Book," which sets forth the basic principles of the recovery program. But nearly all of those who were in a position to do so promptly sought out other alcoholics with whom to share their experience and sobriety. The A.A. program works best for the individual when it is recognized and accepted as a program involving other people. Working with other alcoholics in the local A.A. group, problem drinkers seem to learn more about their problem and how to handle it. They find themselves surrounded by others who share their past experiences, their present problems, and their hopes. They shed the feelings of loneliness that may have been an important factor in their compulsion to drink.