

How did A.A. get started?

Alcoholics Anonymous had its beginnings in Akron, Ohio, in 1935 when a New Yorker on business there and successfully sober for the first time in years sought out another alcoholic. During his few months of sobriety, the New Yorker had noticed that his desire to drink lessened when he tried to help other drunks to get sober. In Akron, he was directed to a local doctor with a drinking problem. Working together, the businessman and the doctor found that their ability to stay sober seemed closely related to the amount of help and encouragement they were able to give other alcoholics. For four years, the new movement, nameless and without any organization or descriptive literature, grew slowly. Groups were established in Akron, New York, Cleveland, and a few other centers. In 1939, with the publication of the book *Alcoholics Anonymous*, from which the Fellowship derived its name, and as the result of the help of a number of nonalcoholic friends, the Society began to attract national and international attention. A service office was opened in New York City to handle the thousands of inquiries and requests for literature that pour in each year.