

*What else is sobriety for, the new member may ask, but to lead a full, normal life, great chunks of it at a time?*

A.A., however, is not something that can be taken like a pill. The experience of those who have been successful in the recovery program is worth considering. Almost without exception, the men and women who find their sobriety most satisfying are those who attend meetings regularly, never hesitate to work with other alcoholics seeking help, and take more than a casual interest in the other activities of their groups. They are men and women who recall realistically and honestly the aimless hours spent in bars, the days lost from work, the decreased efficiency, and the remorse that accompanied hangovers on the morning after. Balanced against such memories as these, the few hours spent in underwriting and strengthening their sobriety add up to a small price indeed.