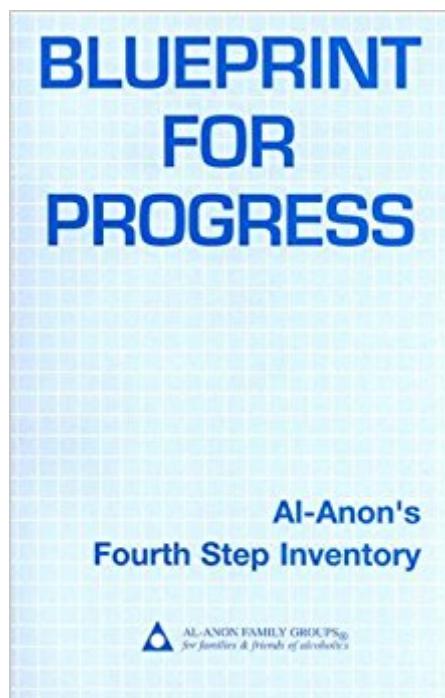


The book was found

# Blueprint For Progress: Al-Anon's Fourth Step Inventory



## **Synopsis**

Self-Help, Philosophy, Alcohol and Drug Studies, Sociology. Social Studies

## **Book Information**

Paperback: 62 pages

Publisher: Al-Anon Family Group Headquarters, Inc.; Al-Anon Family Group Inc. 1976 edition (December 1, 1987)

Language: English

ISBN-10: 0910034591

ISBN-13: 978-0910034593

Product Dimensions: 8.4 x 5.6 x 0.2 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.6 out of 5 stars 97 customer reviews

Best Sellers Rank: #67,605 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #6578 in Books > Self-Help #23095 in Books > Textbooks

## **Customer Reviews**

Self-Help, Philosophy, Alcohol and Drug Studies, Sociology. Social Studies

This book is helpful for anyone wanting to make positive changes in their lives and gain a better understanding of why they think & feel the way they do. Awesome self evaluation/discovery tool!

A great tool for any 12 step member. It does the job helping you analyze your character defects.

Join an Al-Anon group. You cannot change anyone else. You can only change yourself. In the process of becoming the best you, you may discover that others around you change for the better too.

Excellent workbook to really think about your actions in life and how you can move forward (by looking inward)! Whether you are in Al Anon or not it is a worthwhile review of your life! As it says it is a BLUEPRINT FOR PROGRESS!

Just what I needed!

If you're working step four/five this is the tool for the job.

Good solid workbook with durable coiled binding. The actual work that a person does from using this book is well designed and organized. The work pages allow room for writing, but I wrote a lot more than the space allowed for, but that is a personal preference. I highly recommend this book for anyone who wants to explore themselves deeper.

Though this is the older form of Al-anon's Step 4 inventory I'm finding it to be a kinder, gentler version for me. I feel like once I get through this book I'll be well on my way to discovering who I am beneath all the denial and fear I've carried with me for so many years in survival mode. I know Al-anon has a more comprehensive and newer version of this book out now but I'm just not at a place where I can do it at this time.

[Download to continue reading...](#)

Blueprint for Progress: Al-Anon's Fourth Step Inventory Collectible Coins Inventory Journal: Keep Record of Your Coin Collection - Inventory book for coin collectors. Organize your coin collection. Inventory and Production Management in Supply Chains, Fourth Edition The Autobiography of Emperor Haile Sellassie I: King of Kings of All Ethiopia and Lord of All Lords (My Life and Ethiopia's Progress) (My Life and ... (My Life and Ethiopia's Progress (Paperback)) Combustion Instabilities in Liquid Rocket Engines: Testing and Development Practices in Russia (Progress in Astronautics & Aeronautics) (Progress in Astronautics and Aeronautics) Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) The Primal Blueprint: Reprogram your genes for effortless weight loss, vibrant health, and boundless energy (Primal Blueprint Series) The Primal Blueprint Cookbook: Primal, Low Carb, Paleo, Grain-Free, Dairy-Free and Gluten-Free (Primal Blueprint Series) Basic Blueprint Reading and Sketching (Delmar Learning Blueprint Reading) Blueprint Reading for Welders (Blueprint Reading Series) The Dental Business: A Blueprint for Success: A Blueprint for Success: Tools, Resources and Solutions for Dental Practice Owners and Managers Courage to Change: One Day at a Time in Al-Anon II One Day at a Time in Al-Anon Paths to Recovery: Al-Anon's Steps, Traditions, and Concepts How Al-Anon Works How Al-Anon Works for Families and Friends of Alcoholics How Al-Anon Works for Families & Friends of Alcoholics The Primal Blueprint 21-Day Total Body Transformation: A step-by-step, gene reprogramming action plan The Healthy Habit Revolution: The Step by Step Blueprint to Create Better Habits in 5 Minutes a Day FBA Blueprint: A Step-By-Step

Guide to Private Label & Build a Six-Figure Passive Income Selling on

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)