

# Sunrise Zoom Group

## Beginners Just For Today

### Overview of the Book *Living Sober*

#### *Living Sober* – First Published in 1975

First sentence in Ch. 1 *Using this booklet* – “This booklet does *not* offer a plan for recovery from alcoholism. The Alcoholics Anonymous Steps that summarize its program of recovery are set forth in detail in the books *Alcoholics Anonymous* and *Twelve Steps and Twelve Traditions*.”

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