

Are You One of Us? Is the glass always half empty; never half full? Have you tried therapy, medication, self help gurus?

Seen brief periods of improvement only to fall back into the cycle of self sabotage, even misery?

If you, like us, are addicted to self sabotage, you find yourself doing things that prevent you from experiencing the full joy of life.

The good news is that many have recovered and we can too. Working The 12 Steps, attending meetings, listening, sharing and getting a sponsor all aid in our Recovery.

We finally have Hope. Together we can Recover.

**Meeting here
at Galano**

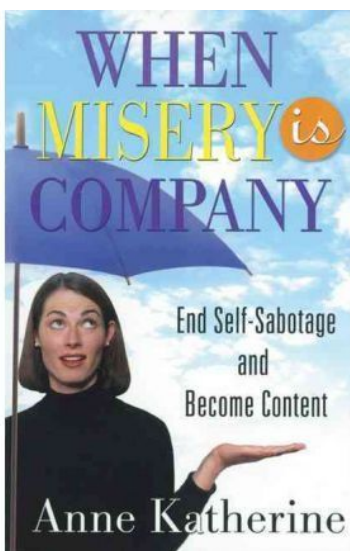
Every Other Sunday

**1 to 2:30 PM
In room 3**

Visit our web site for dates



Please visit our website at: miseryaddicts.org



Program inspired by
the book *When
Misery is Company*
by Anne Katherine

In addition to face-to-face meetings, we have phone meetings 6 days a week in a wide range of schedules to ensure that we can make it to a meeting... or two.

If you have any questions, please join a call.
We'll be happy to answer them.

Monday 9:30 AM ET - 8:30 CT - 7:30 MT - 6:30 PT
Tuesday 3:00 PM ET - 2:00 CT - 1:00 MT - 12:00 PT
Wednesday 6:30 PM ET - 5:30 CT - 4:30 MT - 3:30 PT
Thursday 9:00 PM ET - 8:00 CT - 7:00 MT - 6:00 PT
Friday 3:00 PM ET - 2:00 CT - 1:00 MT - 12:00 PT
Saturday 10:0 AM ET - 9:00 CT - 8:00 MT - 7:00 PT

**Number for all meetings:
641-715-0700
Access Code: 849398#**