

## FAMILIES ANONYMOUS APPROVED LITERATURE

### BOOKMARKS

- 134 Do's and Don't's** A reminder of how to gain strength.
- 135 Helping** A concise guide to helping you and those you love.
- 136 Just for Today** Suggestions for coping 'one day at a time'.
- 137 I am Responsible** How to work the 12th Step.
- 138 FA and Me** A companion to Tough Love. Twelve suggestions for successfully relating with an abuser.
- 139 The 12 Promises of FA** Twelve ways in which the FA programme can help you find a better way to live.
- 140 One Day at a Time** A reminder to 'keep it in the day'.
- 154 Letting Go & Letting Grow** How to 'let go', allowing growth

### FOR THE NEW MEMBER

**142 Letter to the Newcomer** A welcome and introduction to give to the new member.

**143 Do you Need Families Anonymous?**  
A checklist to help you decide.

**144 Does Someone You Care About Use Drugs?** A leaflet to give to the newcomer. Includes About FA, giving the history and background information; 'Helping'; 'To the Concerned Family Member', from others who have been through similar experiences; 'An Open Letter to My Family', from a user's point of view, how the family can avoid standing in the way of recovery; Do's and Don't's.

**145 Twelve Step Workbook** A homestudy workbook that helps incorporate the FA programme into your everyday life.

**146 Personal Inventory Form** Companion to 12 Step Workbook.

**147 Today a Better Way (Daily Thoughts)** A hardback book contributed to by FA members worldwide, giving their thoughts/ experiences for each day of the year.

**148 Sponsorship** How using an FA sponsor can help new and existing members understand and use the programme.

### FOR THE GROUP

**149 Group Starter Pack** Anyone who is interested in starting a new group please contact the office for information and guidance.

**150 Literature List and Order Form**

**151 Group History Form** For group financial records.

**152 The Face of Anonymity**  
Aspects of anonymity and its value seen in a new light.

**153 Avoiding Four Destructive Forces**  
How to maintain a healthy group.

**141 Serenity Prayer** Business card size.

**156 Helpline Number** Business card size

**126 Poster (pack of 10)** A5 poster with FA info on it

**155 The 3Cs x 2** - the 3 Cs of Addiction and of Our Recovery

**117 Group Inventory Form** How to keep your group healthy.

**118 Audio Shares** - audio file on the website under 'Downloads'

**119 'Anne's Story'** - audio file on the website under 'Downloads'

**122 Introducing FA to the Professional Community** Leaflet introducing FA to GPs, counsellors, treatment centres, probation officers, advice centres etc.

**123 Public Information Pack - An introduction to PI work** with samples and templates that can be adapted by groups to use in their local PI work area (call the office for details).

**124 Spread the Word** A useful pamphlet to guide your group in building membership through referrals.

**125 Rack Leaflet** (pack of 10) To send in reasonable quantities for public display in racks.

**128 Where to Find FA** A list of weekly meetings held in the UK (updated regularly).

**130 Meeting Format + 5 Readings** The suggested format and the readings for each meeting: the 12 Steps, 12 Traditions, About Drug Abuse', 'Four Destructive Forces' and 'Helping'. All A4 and laminated.

**131 Cards and Slogans** (tent-fold) For the table at meetings: The Serenity Prayer and over a dozen slogans - colourful and laminated.

**132 The Serenity Prayer** (tent-fold) For the table at meetings. Used by FA and other groups, for strength and peace of mind.

**133 Conscience Meetings Guidelines** How and when to review group meetings - and keep the group healthy.

**127 How to Start a Group** Information leaflet.

**158 What Do I Say?** A helpful guide for difficult phone conversations.

**159 Bereavement, Healing and Hope** Heartfelt stories from parents who have lost a child to addiction.

### BOOKLETS AND PAMPHLETS

**101 The Twelve Steps of Families Anonymous**  
A guide for groups or individuals to the basic principles of FA.

**102 The Twelve Traditions of Families Anonymous**  
UK publication giving a clear understanding of the 12 Traditions of FA

**103 Member's Handbook** How to conduct an FA meeting. Explains how the 12 Traditions apply; also includes The 12 Steps, 4 Destructive Forces & topics for discussion at meetings.

**104 FA Tough Love - Alternative to Enabling** An introduction and study of FA's concept of 'tough love'. Discusses guilt, anger, unhelpful protection, providing a step study for group/personal use.

**105 FA Basic Pamphlet** Every member's first pamphlet. Describes the FA programme. Includes the 12 Steps; 12 Traditions; 'About Drug Abuse'; 'Helping' + the Serenity Prayer.

**106 A Guide for the Family of the Drug Abuser** An in-depth look at drug abuse as a family illness and how the family can work towards recovery.

**107 A Recovering Addict Comes Home** A father's anticipation of his son's homecoming and how he uses the FA programme for it.

**108 A Father Faces Drug Abuse** How one FA father, working the principles and 12 Steps of FA, turns desperation into family love and respect.

**109 Then and Now** A mother's experience of working FA's programme and the changes she made in her life.

**157 Setting Boundaries - a Very Loving Thing To Do** Gentle guidance through the process of setting boundaries for interaction with an addicted loved one.


**110 Words Change Lives** A formula to enhance the FA 12 Steps, giving examples of some words to use and others to avoid.

**111 Changing Attitudes** How the 12 Steps of FA can turn negatives to positives

**112 Expectations** A mother describes her expectations of herself, her family and her Higher Power and how they changed as a result of working the FA programme.

**113 Listening** One member's understanding of how listening became an important factor in her recovery.

**114 A Guide for Teenagers** Thoughts for teenagers on living with a loved-one's drug dependence.

<b>FAMILIES ANONYMOUS APPROVED LITERATURE :</b>					Please post your order with payment by cheque or postal order to the address below.			
Website: www.famanon.org.uk Email: office@famanon.org.uk					Families Anonymous, F19 The Old Convent, Beeches Green, Stroud GL5 4AD			
					Tel: 020 7498 4680		<b>SUB TOTAL:</b>	£ :
<b>BOOKLETS AND PAMPHLETS</b>	<b>Quantity</b>	<b>Price</b>	<b>Total</b>			<b>Quantity</b>	<b>Price</b>	
101 The Twelve Steps		3.00			<b>BOOKMARKS</b>			
102 The Twelve Traditions		3.00			134 BOOKMARK: Do's and Don't's		0.60	
103 Member's Handbook		3.00		135 BOOKMARK: Helping		0.60		
104 FA Tough Love		3.00		136 BOOKMARK: Just for Today		0.60		
105 FA Basic Pamphlet		1.80		137 BOOKMARK: I am Responsible		0.60		
157 Setting Boundaries - A very Loving Thing to Do		3.00		138 BOOKMARK: FA and Me		0.60		
106 A Guide for the Family		1.80		139 BOOKMARK: The 12 Promises of FA		0.60		
107 A Recovering Addict Comes Home		1.80		140 BOOKMARK: One Day at a Time		0.60		
108 A Father Faces Drug Abuse downloadable from website		FREE		154 BOOKMARK: Letting Go & Letting Grow		0.60		
109 Then and Now		1.80						
110 Words Change Lives		0.60		<b>FOR THE NEW MEMBER</b>				
111 Changing Attitudes		0.60		142 Letter to the Newcomer (set of 5)		0.60		
112 Expectations		0.60		143 Do You Need FA? Checklist (set of 10)		0.60		
113 Listening		0.60		144 Does Someone You Care About Use Drugs? (set of 10)		0.60		
114 A Guide for Teenagers		0.60		145 Twelve Step Workbook		3.60		
159 Bereavement, Healing and Hope		3.00		146 Personal Inventory Form (set of 5) downloadable		0.60		
				147 Today a Better Way (TABW)		12.00		
<b>FOR THE GROUP</b>				148 FA and Sponsorship		1.80		
117 Group Inventory Form (set of 5)		0.60		158 What Do I Say		1.80		
118 Audio Shares downloadable from the website		FREE		150 Literature List and Order Form downloadable		FREE		
119 Anne's Story audio file downloadable from the website		FREE		128 Where to Find FA Meetings		FREE		
122 Introducing FA to the Prof'l Community (set of 10)		0.60						
123 Public Information Pack contact the office for information		FREE						
124 Spread the Word		1.20						
125 Rack Leaflet (pack of 10)		0.60		<b>TOTAL FROM BOTH COLUMNS:</b>			£ :	
126 Poster (pack of 10)		0.60		DONATION (optional)			£ :	
127 How to Start a Group		FREE		<b>ENCLOSED CHEQUE OR P.O. FOR TOTAL OF:</b>			£ :	
130 Meeting Format + 5 Readings (laminated) downloadable		3.60		(payable to Families Anonymous)				
131 Cards and Slogans (tent-fold)		6.00		some items are downloadable from the website shop				
132 The Serenity Prayer (tent-fold)		0.60		<b>Mailing Address (please use block capitals)</b>				
133 Conscience Meetings Guidelines downloadable		0.25		<b>NAME:</b>				
152 The Face of Anonymity		1.80		<b>GROUP:</b>		<b>For Office Use:</b>		
153 Avoiding Four Destructive Forces		1.80		<b>ADDRESS:</b>		<b>RECEIVED WITH THANKS</b>		
155 The 3Cs x2		FREE				<b>Signed:</b>		
151 Group History Form (set of 5) downloadable		0.60		<b>POST CODE:</b>				
149 Group Starter Pack: contact the office for information				<b>TEL.NO:</b>		<b>Date:</b>		
141 Serenity Prayer (business card size) (pack of 10)		0.60		<b>DATE:</b>				
156 Helpline No. (business card size) (pack of 10)		0.60		Your personal data is kept only for the purpose it was collected for,	<b>Order No: L</b>			
				and for as long as is necessary for that purpose, after which it is destroyed.				
	<b>SUB TOTAL</b>	£ :		It is not shared with any other organisation.				