

## Families Anonymous™ World Service Board–Approved Literature Catalog – EFFECTIVE APRIL 20, 2021

Families Anonymous, Inc. • 701 Lee Street • Suite 670 • Des Plaines, IL 60016

(800) 736-9805 [USA only] • (847) 294-5877 [Worldwide] • (847) 294-5837 [Fax]  Website: www.FamiliesAnonymous.org • E-mail: famanon@FamiliesAnonymous.org**LITERATURE CATALOG CONTENTS****ENGLISH-LANGUAGE LITERATURE**

- Selected titles grouped by topic . . . . . *Pages 1-2*
- Literature listed by catalog number and including descriptions & prices . . . . *Pages 3-5*

**LITERATURA EN ESPAÑOL**

- Literature listed by catalog number and including descriptions & prices . . . . . *Page 6*

**ACTION→RECOVERY**

- #1028** Setting Boundaries: A Very Loving Thing to Do  
**#2001** FA's Do's and Don'ts  
**#2003** Helping  
**#2003-1** Negatives to Positives: #1 in the *Helping* Series  
**#2003-2** Fear to Faith: #2 in the *Helping* Series  
**#2004** FA and Me  
**#2010** About Drug Abuse  
**#2013** Recovery Checklist  
**#5001** FA Tools of Recovery: A Handbook for Members  
**#5010** The Twelve Traditions in Action  
**#5013** Avoiding the Four Destructive Forces  
**#5014** The Face of Anonymity  
**#7007** Spread the Word About Families Anonymous

**CODEPENDENCY & ENABLING**

- #1005** Alternative to Enabling: The Tough Love of FA  
**#1026** What Do I Say?  
**#1028** Setting Boundaries: A Very Loving Thing to Do  
**#1029** Tough Love—for Whom?  
**#2003** Helping

- #2003-1** Negatives to Positives: #1 in the *Helping* Series  
**#2003-3** Contempt to Respect: #3 in the *Helping* Series  
**#2004** FA and Me  
**#2010** About Drug Abuse  
**#2012** Letting Go, Letting Grow

**EXPECTATIONS**

- #1012** No More Expectations!  
**#1013** A Recovering Addict Comes Home: One Family's Story  
**#2015** Hope and Expectations

**The FELLOWSHIP**

- #5006** A Look Inside the FA Fellowship  
**#5010** The Twelve Traditions in Action  
**#7012** FA Fact Sheet

**GIFTS**

- #1025** Gifts of the Spirit  
**#1034** The Gift of Awareness  
**#2011** The Twelve Promises of FA  
**#2016** The Broken Vase  
**#5010** The Twelve Traditions in Action

**GRANDPARENTS**

- #1031** Grandparenting in Families with Addiction: A Mindful Act of Hope and Love

**GRIEF**

- #1027** Through Grief to Growth...The FA Way  
**#1035** Bereavement, Healing & Hope: Heartfelt Stories from Parents Who Have Lost a Child to Addiction

**LAUGHTER**

- #1032** A Funny Thing Happened On the Way to Recovery: The Humor We Encounter in FA

**MEETINGS**

- #1001** The FA Basic Pamphlet  
**#1032** A Funny Thing Happened On the Way to Recovery: The Humor We Encounter in FA  
**#5001** FA Tools of Recovery: A Handbook for Members  
**#5002** Group Inventory  
**#5003** Suggested Meeting Format with Basic Readings  
**#5008** Anonymity (table tent)  
**#5009** Crosstalk (table tent)  
**#5010** The Twelve Traditions in Action  
**#5011** Growing Your FA Group: A Tip List for New and Established Groups  
**#5012** My Part in the Group  
**#5013** Avoiding the Four Destructive Forces  
**#6005** A New Door Opens  
**#7001** Meeting Announcement  
**#7002** Bulletin Board Card  
**#7016** Introduction to an FA Meeting

**Carrying the MESSAGE**

- #2006** I Am Responsible  
**#5010** The Twelve Traditions in Action  
**#6004** Do You Need FA?  
**#6005** A New Door Opens  
**#7001** Meeting Announcement  
**#7002** Bulletin Board Card  
**#7003** Families Anonymous—For Me?

*[continued on the next page]*

\* Also available as a free download on the FA website.

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[#7007](#) Spread the Word About Families Anonymous  
[#7009](#) Are You Torn Apart?  
[#7010](#) FA and the Professional Community  
[#7012](#) FA Fact Sheet  
[#7014](#) Are You at Your Wits' End?  
[#7016](#) Introduction to an FA Meeting  
[#9004](#) Mini PI Folder

**NEW GROUPS**

[#5010](#) The Twelve Traditions in Action  
[#5011](#) Growing Your FA Group: A Tip List for New and Established Groups  
[#8001](#) New Group Pack  
[#8003](#) Starter Kit  
[#8004](#) Starting a New FA Group

**NEW MEMBERS**

[#6001](#) Letter to the Newcomer  
[#6002](#) WELCOME!  
[#6003](#) To the Concerned Family Member or Friend.  
[#6004](#) Do You Need FA?  
[#6005](#) A New Door Opens  
[#6006](#) Greeter/Contact Card  
[#7003](#) Families Anonymous—For Me?

**READINGS & MEDITATIONS**

[#1001](#) The FA Basic Pamphlet  
[#1004](#) The Twelve Steps of FA  
[#1015](#) Today A Better Way (TABW)

**Facing REALITY**

[#1002](#) A Guide for the Family of the Drug Abuser  
[#1003](#) A Father Faces Drug Abuse

[#1013](#) A Recovering Addict Comes Home:  
One Family's Story  
[#1021](#) "But She's Too Young to be an Alcoholic":  
One Mother's Story  
[#1030](#) Dealing with Denial  
[#2003-3](#) Contempt to Respect: #3 in the *Helping* Series  
[#2007](#) An Open Letter to My Family

**SERVICE**

[#1020](#) FA and Sponsorship  
[#5001](#) FA Tools of Recovery: A Handbook for Members  
[#5002](#) Group Inventory  
[#5010](#) The Twelve Traditions in Action  
[#5012](#) My Part in the Group

**The SLOGANS**

[#1033](#) The Three Cs x 2  
[#1033X](#) The Three Cs x 2: One-page excerpt  
[#2002](#) Just for Today  
[#2012](#) Letting Go, Letting Grow  
[#2018](#) One Day at a Time  
[#5001](#) FA Tools of Recovery: A Handbook for Members

**SPEAKING & BEING**

[#1026](#) What Do I Say?  
[#2003](#) Helping  
[#2003-1](#) Negatives to Positives: #1 in the *Helping* Series

**SPIRITUAL Healing**

[#2003-2](#) Fear to Faith: #2 in the *Helping* Series  
[#2008](#) The Serenity Prayer (card)  
[#2019](#) Prayer to a Higher Power  
[#3002](#) Let Go and Let God

[#3003](#) The Serenity Prayer (parchment)  
[#3051](#) Serenity Medallion

**SPONSORSHIP**

[#1020](#) FA and Sponsorship  
[#5001](#) FA Tools of Recovery: A Handbook for Members  
[#5010](#) The Twelve Traditions in Action

**The STEPS**

[#1004](#) The Twelve Steps of FA  
[#1006](#) Fourth Step Workbook  
[#1019](#) The Twelve Step Workbook  
[#1024](#) Families in Crisis  
[#2014](#) FA's Twelve Steps and Twelve Traditions  
[#5001](#) FA Tools of Recovery: A Handbook for Members

**TOUGH LOVE**

[#1004](#) The Twelve Steps of FA  
[#1024](#) Families in Crisis  
[#2003](#) Helping  
[#2003-3](#) Contempt to Respect: #3 in the *Helping* Series  
[#2012](#) Letting Go, Letting Grow  
[#2017](#) Practicing *Tough Love*

**The TRADITIONS**

[#2014](#) FA's Twelve Steps and Twelve Traditions  
[#5001](#) FA Tools of Recovery: A Handbook for Members  
[#5002](#) Group Inventory  
[#5010](#) The Twelve Traditions in Action  
[#5012](#) My Part in the Group

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(800) 736-9805 [USA only] • (847) 294-5877 [Worldwide] • (847) 294-5837 [Fax]  Website: www.FamiliesAnonymous.org • E-mail: famanon@FamiliesAnonymous.org**SPOTLIGHT!**

**... on the FA Website.** Find answers to your frequently asked questions. Shop online for FA literature, or download it for free. Read recent and past issues of our newsletter. Find a meeting near you, or join a meeting online or by phone. Learn how to volunteer and give back to the fellowship.

## **BOOKLETS, BOOKS AND PAMPHLETS**

**#1001 The FA Basic Pamphlet.** Every member's first pamphlet. Contains FA's basic readings (including the Twelve Steps and the Twelve Traditions) to be read aloud at every meeting. **\$1.00**

**#1002 A Guide for the Family of the Drug Abuser.** An in-depth look at drug abuse as a family illness; how to work towards recovery. **\$2.50**

**#1003 A Father Faces Drug Abuse.** How one father, inspired by the *Helping* reading, worked the FA program, overcame his desperation, and achieved family love and respect. **\$2.50**

**#1004 The Twelve Steps of FA.** A guide to basic FA principles as applied to specific personal and family problems. **\$3.25**

**#1004-AU The Twelve Steps of FA – AUDIO Edition.** Listen on the go! Simply plug this flash drive into a USB port on your computer, laptop, tablet, or car radio. **\$9.00**

**#1005 Alternative to Enabling: The Tough Love of FA.** The study of FA's concept of *tough love*. Discusses guilt, anger, and unhelpful protection. **\$3.25**

**#1006 Fourth Step Workbook.** A how-to guide for taking your personal inventory. Contains the full Step Four portion of #1019, including the #1004 discussion of Step Four. **\$3.50**

**#1012 No More Expectations!** A mother describes how she gave up her old expectations of herself, her family, and her Higher Power by working and living the FA program. **\$4.00**

**#1013 A Recovering Addict Comes Home: One Family's Story.** How a father used the FA program to deal successfully with his son's homecoming from rehab. **\$4.00**

**#1015 Today A Better Way (TABW).** FA's member-written "daily thought" book; fully indexed, beautiful red cover, gold foil-stamped design, hard cover, 400 pages. **\$11.00**

**#1015-E Today A Better Way – E-BOOK Edition.** Electronic edition, with interactive table of contents and interactive index. Choose from two formats:

- **#1015-EK Today A Better Way eBook for Kindle.** Available for purchase through the Kindle Store. **\$7.99**
- **#1015-EP Today A Better Way eBook for iPad, iPhone, iPod, and Nook.** Available for purchase through the iTunes Store and the Nook Store. **\$7.99**

**#1019 The Twelve Step Workbook.** Personal workbook of writing exercises for Twelve Step recovery. Includes the full text of #1004. **\$10.00**

**#1020 FA and Sponsorship.** The ins and outs of sponsorship, and descriptions of the roles of sponsors and sponsees. **\$3.00**

**#1021 "But She's Too Young to be an Alcoholic": One Mother's Story.** A mother's story of her daughter's alcoholism and how the family recovered. **\$1.50**

**#1024 Families in Crisis.** Helping families and friends cope with substance abusers' behaviors. **\$2.75**

**#1025 Gifts of the Spirit.** A guide for recognizing the gifts of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. **\$3.25**

**#1026 What Do I Say?** A collection of suggested responses to use when on the phone with your loved one. **\$2.25**

**#1027 Through Grief to Growth...The FA Way.** Enlightening information and personal stories of grief and recovery from losses due to the addiction or death of a loved one. **\$4.00**

**#1028 Setting Boundaries: A Very Loving Thing to Do.** Need help with boundaries? Get valuable insights from this informative booklet. **\$3.75**

**#1029 Tough Love—For Whom?** Insight into the real meaning of *tough love* and the benefits of change. **\$1.50**

**#1030 Dealing with Denial.** Aids in defining, recognizing, and resolving denial, with acceptance as a reward. **\$1.50**

**#1031 Grandparenting in Families with Addiction: A Mindful Act of Hope and Love.** Useful information and real-life stories to help grandparents assess and accept their own family situations and decide on actions to take. **\$4.25**

**#1032 A Funny Thing Happened on the Way to Recovery: The Humor We Encounter in FA.** Humorous stories and real-life witticisms describing the absurdities of our family situations and the invaluable role of laughter in guiding us back to sanity and serenity. **\$3.75**

**#1033 The Three Cs x 2.** Begins with the well-known "Three Cs of Addiction" (cause, control, cure), and continues with the all-new "Three Cs of Our Recovery" (choices, changes, courage). **\$1.50**

- **#1033X** is a one-page excerpt giving an overview of the more-detailed #1033. It is available as a free download on the FA website.\*

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(800) 736-9805 [USA only] • (847) 294-5877 [Worldwide] • (847) 294-5837 [Fax]  Website: www.FamiliesAnonymous.org • E-mail: famanon@FamiliesAnonymous.org**SPOTLIGHT!****#1034 The Gift of Awareness: A Tool of Recovery in FA.**

An inspirational guide for studying FA's Twelve Steps. Learn how the gift of awareness can open your mind and heart, improve your relationships with family and friends, and move you forward on your path of recovery. **\$2.75 NEW!** (5/2019)

**SPOTLIGHT!**

**#1035 Bereavement, Healing & Hope: Heartfelt Stories from Parents Who Have Lost a Child to Addiction.** Finding our way through the ultimate grief to a place of acceptance and serenity. **\$3.75 NEW!** (11/2019)

**#2003-1 Negatives to Positives: #1 in the Helping Series.** A supplement to the "Helping" reading (#2003). **\$1.75**

**#2003-2 Fear to Faith: #2 in the Helping Series.** A supplement to the "Helping" reading (#2003). **\$2.50**

**SPOTLIGHT!**

**#2003-3 Contempt to Respect: #3 in the Helping Series.** A supplement to the "Helping" reading (#2003). **\$2.75 NEW!** (2/2021)

**SHEETS, CARDS AND BOOKMARKS**

(B)=Bookmark (C)=Card (L)=Laminated (SH)=Sheet

**#2001 FA's Do's and Don'ts.** A handy reminder of what to do and not do to keep your recovery strong. **(B) \$25**

**#2002 Just for Today.** Suggestions for coping "one day at a time." **(B) \$25**

**#2003 Helping.** A concise guide for helping yourself and those you love. **(BL) \$75**

**#2003-1 & #2003-2 & #2003-3** See the listing for these items under "Booklets, Books and Pamphlets."

**#2004 FA and Me.** Suggestions for successfully relating to a substance abuser. Companion piece to #1005. **(B) \$25**

**#2006 I Am Responsible.** Working the Twelfth Step in a personal way. **(B) \$25**

**#2007 An Open Letter to My Family.** An addict's viewpoint on how family members can avoid standing in the way of their loved one's recovery. **(SH) \$20\***

**#2008 The Serenity Prayer.** Hand a card of encouragement to someone in need. **(C) 10 cards for \$1.50**

**#2010 About Drug Abuse.** An FA basic reading about the illness of drug abuse, drug dependence and addiction and what we can do to help both ourselves and the situation. **(B) \$25**

**#2011 The Twelve Promises of FA.** Describes the benefits of working the FA program. **(B) \$25\***

**#2012 Letting Go, Letting Grow.** Letting go and giving loved ones the freedom to make their own choices. **(BL) \$75**

**#2013 Recovery Checklist.** Use this tool to assess your recovery. Positive statements begin: "I know I am in recovery because...." **(B) \$25**

**#2014 FA's Twelve Steps and Twelve Traditions.** A quick-reference list of FA's Twelve Steps and Twelve Traditions in an easy-to-carry format. **(B) \$25**

**#2015 Hope and Expectations.** Inspiration and explanation of how our hopes and expectations can affect us. **(BL) \$75**

**#2016 & #2016S The Broken Vase.** Seeing our imperfections as sources of courage, beauty, serenity and peace. Bilingual (English & Spanish). **(BL) \$75**

**#2017 Practicing Tough Love.** Twelve statements for keeping love alive while helping us protect ourselves and restore sanity to our lives. (Excerpted from #1005 *Alternative to Enabling*) **\$25 (B)**

**#2018 One Day at a Time.** Expanded, gender-neutral adaptation of this favorite reading. Now available in convenient bookmark form; replaces #3001. **\$25 (B)**

**#2019 Prayer to a Higher Power.** Expanded, gender-neutral adaptation of this traditional FA prayer. Now available in bookmark form; replaces #3004. **\$25 (B)**

**OTHER**

**#3001 One Day at a Time.** (parchment) *Discontinued and reissued in revised form as #2018.*

**#3002 Let Go and Let God.** (parchment) A well-known recovery prayer. **\$30**

**#3003 The Serenity Prayer.** (parchment) A well-known recovery prayer. **\$30**

**#3004 Prayer to a Higher Power.** (parchment) *Discontinued and reissued in revised form as #2019.*

**#3051 Serenity Medallion.** A perfect gift for anyone in any Twelve Step program. Hang it on a keychain, wear it as a pendant, or carry it in a pocket or purse. **\$5.00**

**GROUP MATERIALS**

**#5001 FA Tools of Recovery: A Handbook for Members.** A guide for groups and members to help them work the program and grow. **\$9.00**

**#5002 Group Inventory.** A tool to assess group progress and individual participation. Poses questions related to

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group conscience, meeting preparation, meeting content, outreach, and business meetings. **\$.40\***

### **#5003 Suggested Meeting Format with Basic Readings.**

Essential for leading meetings. Includes the suggested meeting format, the optional introductory reading, and FA's five Basic Readings that are repeated at the start of each meeting. (See also #1001 FA Basic Pamphlet.) **\$2.00\***  
[Note: For virtual meetings, see #5003V at [familiesanonymous.org](http://familiesanonymous.org) →Literature →Free Downloads.]

**SPOTLIGHT!**

**#5006 A Look Inside the FA Fellowship.** How FA operates: the Board of Directors; the World Service Office; members, committees, groups, intergroups, and national service boards; sources of funding; and opportunities for service. (Revised 2/2021) Available **only** as a free download on the FA website.\*

**#5008 Anonymity.** (table tent for meetings) Defines *anonymity*. **\$.75**

**#5009 Crosstalk.** (table tent for meetings) Defines *crosstalk*. **\$.75**

**#5010 The Twelve Traditions in Action.** An indepth exploration of FA's Traditions and their fundamental importance in maintaining and growing our groups and the fellowship. A must-have guide for all FA groups and members. **\$10.00**

**#5011 Growing Your FA Group: A Tip List for New and Established Groups.** Helpful and concise tips for developing good group habits. Available **only** as a free download on the FA website.\*

**#5012 My Part in the Group.** Self-evaluation for personal participation and behavior. **\$.40\***

### **#5014 The Face of Anonymity: One Member's Lessons.**

A member learns about this important FA principle and its value to the fellowship and our own recovery. **\$1.75**

## **MATERIALS FOR NEW MEMBERS**

**#6001 Letter to the Newcomer.** A welcome and introduction for the new member or visitor. **\$.20\***

**#6002 WELCOME!** A folder for new members, with pockets for literature and notes. **\$.75** Suggested inserts (available separately) are #2007, #2010, #2011, #6001, #6003, #6004, #6005, and WSO-04.

**#6003 To the Concerned Family Member or Friend.** Initial contact letter from people who have been "through it." **\$.20\***

**#6004 Do You Need FA?** This bookmark's "Twenty Questions" will help you decide if you need FA. **\$.25**

**#6005 A New Door Opens.** Welcome and encouragement for the new member. **\$.40**

**#6006 Greeter/Contact Card** (formerly Sponsorship Card). Hand a card to someone in need or to a newcomer attending your meeting for the first time. Has a place for your first name and phone number. **10 cards for \$1.50**

## **PUBLIC INFORMATION MATERIALS**

**#7001 Meeting Announcement.** (8½"x11" tricolor poster) For public bulletin boards. Has space for local telephone number and meeting information. **\$.85**

**#7002 Bulletin Board Card.** (3½"x3¾") For public bulletin boards or to hand out. Has space for local telephone number. **10 cards for \$1.50**

**#7003 Families Anonymous—For Me?** Facts about FA. Ideal for all PI purposes. Great for professionals to give to clients. Contains the "Twenty Questions." **\$.40**

**#7007 Spread the Word About Families Anonymous.** Offers suggestions for increasing your community's awareness about FA. **\$3.00**

**#7009 Are You Torn Apart?** Explains to prospective new members the fellowship that is found within FA. **\$.40\***

**#7010 Families Anonymous and the Professional Community.** Describes the value of the FA program to healthcare, education and law enforcement personnel, community leaders, employers, and others. **\$.40**

**#7012 FA Fact Sheet.** Basic facts about FA. **\$.20\***

**#7014 Are You at Your Wits' End?** Helps you decide if FA is for you. **\$.40\***

**#7016 Introduction to an FA Meeting.** Explains what takes place at FA meetings. **\$.40\***

**#9004 Mini PI Folder.** A presentation folder to hold PI materials. Includes a cover letter (printed on the folder) and a literature catalog (WSOF-04). **\$.85** Suggested inserts (available separately): #7003, #7009, #7010, #7012, #7016.

## **MATERIALS FOR NEW GROUPS**

**#8001 New Group Pack.** Contains one copy of each literature piece except e-books and audio recordings. Limit one per group. **\$55.00**

**#8003 Starter Kit.** Basic materials needed to start a new group. Available at no charge by calling or emailing the WSO.

**SPOTLIGHT!**

**#8004 Starting a New FA Group.** The who, what, where, when, why, and how of getting a new group up and running. For virtual (online) or face-to-face meetings. (Updated 1/2021) Available **only** as a free download on the FA website.\*

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## Familias Anónimas™ Catálogo de Literatura Aprobada – EFECTIVO 20 de ABRIL 2021

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### EN ESPAÑOL

(F) folleto (H) hoja

(L)=laminado (M) marcador de libro

**#1001S El folleto básico de FA.** El primer folleto para cada miembro. Contiene las lecturas básicas de FA (tales como los Doce Pasos y las Doce Tradiciones) para ser leídas en cada reunión. **\$1.75**

**#1004S Los doce pasos de FA.** Guía de los principios básicos de FA y su aplicación a problemas específicos, personales y familiares. **\$3.25**

**#1013S Un adicto en recuperación regresa a casa.** La forma como un padre aplicó el programa de FA para manejar exitosamente el regreso a casa de su hijo después de su tratamiento de rehabilitación. **\$1.00 ¡Nuevo en Español!**

**#1015S Hoy un mejor camino.** Una colección de reflexiones para cada día escritas por miembros de FA, con índice completo, presentada en un hermoso volumen con pasta dura roja, 400 páginas. **\$15.00**

- **#1015S-EK Hoy un mejor camino libro electrónico para Kindle.** Disponible para comprar en Tienda Kindle. **\$9.99**
- **#1015S-EP Hoy un mejor camino libro electrónico para iPad, iPhone, iPod o Nook.** Disponible para comprar en Tienda iTunes o Tienda Nook. **\$9.99**

**#1019S Manual de los Doce Pasos.** Manual de trabajo personal, de ejercicios escritos, para la recuperación con los Doce Pasos. También incluye el contenido completo de #1004S. **\$10.00 ¡Nuevo en español!** (11/2020)

**¡en Foco!**

**#1028S Estableciendo límites ... un acto de amor.** ¿Necesita ayuda estableciendo límites? ¿Encuentre valiosa iluminación en este folleto informativo! **\$3.75**

**#1033XS Las tres Cs x 2: Un resumen.** Las ya bien conocidas “Tres Cs de la Adicción” (ni la causas, ni la controlas, ni la curas) y las nuevas “Tres Cs de nuestra Recuperación” (elecciones [choices], cambios [changes], coraje [courage]). (H) *Disponible solamente como descarga gratuita en el sitio web de FA.* \*

**#2001S Qué hacer y qué no hacer.** Un recordatorio útil acerca de qué hacer y qué no hacer para mantener su recuperación fuerte. (M) **\$2.5**

**#2002S Solo por hoy.** Sugerencias para afrontar “un día a la vez”. (M) **\$2.5**

**#2003S Cómo ayudar.** Una de las lecturas básicas para ayudarlo a sí mismo(a) y a sus seres queridos. (M) **\$2.5**

**#2004S FA y yo.** Doce puntos para ayudarnos a cambiar nuestras reacciones. (M) **\$2.5**

**#2007S Una carta abierta a mi familia.** La perspectiva de un(a) adicto(a) sobre cómo evitar estorbar su recuperación. (H) **\$2.0\***

**#2008S Oración de la serenidad.** Entregue una tarjeta de ánimo a alguien que lo necesita. (H) **10 tarjetas por \$1.50**

**#2011S Las doce promesas de FA.** Describe los beneficios de trabajar el programa de FA. (M) **\$2.5**

**#2012S Desprenderse, dejar crecer.** Desprenderse y dar a nuestros seres queridos la libertad de hacer sus propias elecciones. (M) **\$2.5**

**#2016S & #2016 El jarrón dañado.** Ver nuestras imperfecciones como fuentes de valor, hermosura, serenidad y paz. Bilingüe: inglés y español. (LM) **\$7.5**

**#5003S Formato recomendado para las reuniones con las lecturas básicas.** Un bosquejo del formato sugerido para las reuniones junto con las cinco lecturas básicas. (Vea también #1001 El folleto básico de FA.) **\$2.00\***

**#5008S El anonimato.** Pancarta doblada para las reuniones. **\$7.5**

**#5009S Crosstalk “conversación inapropiada”.** Pancarta doblada para las reuniones. **\$7.5**

**#6001S Carta para el nuevo integrante.** Una bienvenida e introducción para miembros nuevos o visitantes. (H) **\$2.0\***

**#6003S Carta para el miembro de familia o amigo preocupado.** Carta inicial de personas que “han pasado por lo mismo”. (H) **\$2.0\***

**#6004S ¿Necesitas FA?** Contesta estas 20 preguntas claves para determinar si FA es para ti. (M) **\$2.5**

**#6005S Se abre una nueva puerta.** Bienvenida y ánimo para el miembro nuevo. **\$4.0**

**#7001S Anuncio de reuniones.** (cartel tricolor, 8½"x11") Para tableros públicos. Incluye espacio para el teléfono local y detalles sobre las reuniones. **\$8.5**

**#7003S Familias Anónimas – ¿Es para mí?** Datos sobre FA. Información ideal para el público en general. Ideal para que los profesionales les den a sus clientes. Contiene las Doce Preguntas. (F) **\$4.0**

**#7009S ¿Está usted desgarrado?** Explica a la persona considerando a FA, el compañerismo que se encuentra en las juntas y en la filosofía de FA. **\$4.0\***

**#7012S Datos de Familias Anónimas.** Datos básicos de FA. (H) **\$2.0\***

**#7014S ¿Te agota la desesperación?** Te ayuda en determinar si FA es para ti. **\$4.0\***

**#8001S Paquete para grupos nuevos.** Contiene una copia de cada pieza disponible en español (excepto libros electrónicos). Limite: uno por grupo. **\$28.50**

\* También puede descargarse del internet de forma gratuita en la página web de FA .

EN LA ORDEN PODRÁ VER LOS COSTOS POR ENVÍO Y MANEJO. TODA VENTA DE LITERATURA ES FINAL. NO SE ACEPTAN DEVOLUCIONES, NI CAMBIOS, EXCEPTO EN MATERIALES DAÑADOS EN EL ENVÍO. POR FAVOR CONTACTE LA WSO EN LOS PRIMEROS 30 DÍAS DE SU COMPRA PARA MÁS DETALLES.