

The book cover features a close-up photograph of a hand holding a pen, with the pen tip resting on a piece of paper. The background is a warm, orange-brown color. The title is centered in a white rectangular box.

Courage to Change

One Day at a Time in Al-Anon II



Al-Anon Family Groups
Hope for families and friends of alcoholics

The Courage To Change

DJ Losen



The Courage To Change:

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