



# **French: Living Sober (Vivre Sans Alcool) (French Edition)**

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Cette plaquette pratique illustre, par des exemples simples, comment les membres des AA du monde entier vivent et demeurent abstinents un jour à la fois. Publiée pour la première fois en 1975 et révisée et mise à jour en 2012, cette publication approuvée par la Conférence des Services généraux des AA à aidé des milliers d'alcooliques, particulièrement ceux et celles en début de rétablissement, à "accepter la vie comme elle est", et vivre comme une personne abstinence pendant une journée et "seulement pour aujourd'hui." La préface nous dit: "Ne pas boire, c'est-à-dire demeurer abstinant, devient donc le point de départ pour se rétablir de l'alcoolisme. Et qu'on se le dise: vivre sans alcool n'est ni triste, ennuyeux ou désagréable comme nous l'avions d'abord craint. Au contraire, sans alcool nous commençons vraiment à apprécier la vie et à y trouver beaucoup plus de plaisir qu'à l'époque où nous buvions. Nous vous le démontrerons.



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