

IT WORKS

IT WORKS HOW AND WHY



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IT WORKS

The Twelve Steps
and
The Twelve Traditions
of Narcotics Anonymous

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World Service Office, Inc.
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AA World Services, Inc.

World Service Office, Inc.
PO Box 9999
Van Nuys, CA 91409 USA
Tel. (818) 780-3951
Fax (818) 785-0923



World Service Office—EUROPE
Avenue Winston Churchill-laan 249/b15
B-1180, Brussels, Europe
Tel. +32/2/346-1400
Fax +32/2/346-2282

World Service Office—CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
Tel. (905) 507-0100
Fax (905) 507-0101

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INTRODUCTION

Welcome! The book you have in your hands is a discussion of the Twelve Steps and Twelve Traditions of Narcotics Anonymous. We realize that, whether written or verbal, no discussion of something as personal and individual as recovery can be all things to all people. This book is not meant to be an exhaustive study of NA's steps and traditions, nor is it meant to be the final word on any aspect of recovery or NA unity. Rather, it is meant to help you determine your own interpretation of the principles contained in our steps and traditions. We hope you will find personal growth, understanding, and empathy in the following pages. We pray you will be moved to a new level of insight into your recovery and the valuable place you occupy as a member of Narcotics Anonymous.

Each member of NA has contributed to this book in some way. Whether you are new to recovery or one of our longtime members, your experience, your support, and, above all, your presence in the rooms where addicts meet to share recovery have been the motivating forces behind the production of this book. Though the process of writing a book about the experience of a fellowship as diverse as ours has been lengthy, we saw all the barriers and stumbling blocks fade away in the light of our primary purpose: to carry the message to the still-suffering addict. That one purpose, clear and powerful, stands alone in our