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Trust Me. I'm an Alcoholic

Tom Cahillane

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People just don't recognize the inseparable connection between Alcoholic Humor and the 12-step recovery process. In this collection of new and old jokes compiled by Tom Cahillane are to be found the raw materials of 12-step recovery. All of us who have had the honor of sharing alcoholic and drug jokes with Tommy over the years feel a part of this process. What some folks don't know is that the 12 step AA movement grew out of Bill Wilson's involvement with an earlier 6-step movement called "The Oxford Movement," founded by the controversial American churchman, Frank Buchman. At the time that Bill W was just another face in the growing number of alcoholics seeking Buchman's 6 step spiritual support in their fight against alcohol, Frank Buchman was introducing self-effacing humor into every 6 step meeting to get those to take themselves and their own struggles with a touch of humor. Out of humor comes the lift from the co-occuring depression that too often accompanies the life problems of an unmanageable alcoholic or drugging life. Tommy's zany collection of groaners and belly laugh addiction jokes are just what the Doctor ordered for anyone on the AA/NA side, the Alanon side, or any side of a life in a laughable age with very real, but equally zany problems.

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Roger Borquez:

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