

PAGE	LINE	PROMISES-FOURTH EDITION
XIII	2	...WHO HAVE RECOVERED. To show other alcoholics....(2)
XXIX	14	...find himself easily able to control his desire...
XXXII	3	...he is as fine a specimen....
11	20	...raised from the dead...
11	34	inwardly reorganized...different footing...best...(3)
13	30	...promised.... ....all my problems.(2)
15	18	....design for living that works in rough going.
15	22	...The joy of living....overcome among us (7)
16	10	...vast amount of fun about it all...
16	15	...need look no further for Utopia.
17	5	...recovered. ...Solved the drinki problem. ...There exists...(3+)
17	24	...a way out.... ....join.... ...this is the great news...(3)
25	14	...found much of heaven... ....fourth dimension... ....fact...(3+)
26	32	...free man... ....nor is he confined... ...go anywhere...(3)
28	8	....A new life has been given us....
42	33	...all my problems.... More satisfying...(2)
46	26	...we began to be possessed by a new sense of power...
47	17	...he is on his way...Wonderfully effective....structure.
50	17	...on one proposition... was so unsatisfactory(7)
52	25	...when we saw others solve...the God idea did(2)
55	23	...If our testimony ...you cannot fail(2)
57	11	...Even as has God restored...to us(2)
58	3	....Rarely have we seen...path
58	13	....There are those too....recover...honest.
63	2	....When we sincerely...remarkable things followed.
63	9	....As we felt new power....We were reborn(8)
63	30	....This was only....at once.
68	27	....At once, we commense to outgrow fear.
75	15	...We can look...Spirit of the Universe(8)
78	9	....Rarely do we fail to make satisfactory progress.
83	30	....If we are painstaking....do for ourselves(16-19)
84	15	...They will always materialize if we work for them.
84	31	...and we have ceased.... ....fit spiritual condition(12-15)
85	27	...If we have carefully...His Spirit into us.
86	2	...It works...if we work at it.
86	26	....Our thought lives...wrong motives.

86	31	...Here we ask God...part of the mind.(3)
87	9	...Nevertheless...rely upon it.
87	34	...We constantly...to suit ourselves...it really does.(9)
89	10	...Life will take on new meaning.
93	2	...he has become...how you get well.
95	30	...We have no monopoly...worked with us.
100	6	...Both you and this new...present circumstances.(3)
100	32	...Assuming we are...his spiritual status(3)
102	21	...Now you are getting back into the social life of this world.
108	15	...Today most of our men...than ever before.
117	18	...You will make mistakes....emerge when they are overcome.
120	5	...You will lose the old life to find one much better.
132	18	...We absolutely insist on enjoying life.
132	27	...So we think cheerfulness...the power to help others.(2)
133	3	...We are sure God wants us to be happy, joyous and free.
133	15	...We who have recovered....miracles of mental health.(2)
134	13	...Some of us had this experience...intimacy than ever.
150	3	...They have a new attitude...from a living death.(2)
152	12	...We have shown how we got out from under
152	18	...YES, there is a substitute....and so will you. (7)
153	7	...It may seem incredible...recovery proves that!(2)
156	13	...As we shall see....have been repaired in four.
158	23	...He never drank again. He too....his community(7)
159	13	...These men...in giving themselves for others.(2)
162	31	...Thus we grow...need to begin.
163	6	...You forget...much greater than yourself...labor.
164	18	...See to it....This is the Great Fact for us.
		By Our Count, I get 147 "promises"



**Promises...Promises...147 of Them!-That's a GOOD NEWS!...That's HOPE**

XIII line 2-Who have recovered from a seemingly hopeless state of mind and body. To Show other alcoholics precisely how we have recovered.

XXIX line 14-finds himself easily able to control his desire for alcohol.

XXXII line 3-he is as fine a specimen of manhood as one could wish to meet.

11 Line 20- Then he had, in effect, been raised from the dead, suddenly taken from the scrap heap to a level of life better than the best e had ever known!

11 Line 34- Much more than inwardly reorganized. He was on a different footing. His roots grasped a new soil.

13 Line 30- Promised when these things were done I would enter upon a new relationship with my Creator; that I would have the elements of a way of living which answered all my problems.

15 Line 18- It is a design for living that works in rough going.

15 Line 22- The joy of living we really have, even under pressure and difficulty. I have seen hundreds of families set their feet in the path that really goes somewhere; have seen the most impossible domestic situations righted; feuds and bitterness of all sorts wiped out. I have seen men come out of asylums and resume a vital place in the lives of their families and communities. Business and professional men have regained their standing. There is scarcely any form of trouble and misery which has not been overcome among us.

16 Line 10- There is, however, a vast amount of fun about it all.

16 Line 15- We need look no further for Utopia. We have it with us right here and now.

17 Line 5- Recovered. They have solved the drink problem. There exists among us a fellowship, friendliness, and an understanding which is indescribably wonderful.

17 Line 24- We have a way out on which we can absolutely agree, and upon which we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism.

25 Line 14-We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed. The great fact is just this, and nothing less. That we have had deep and effective spiritual experiences\* which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

26 Line 32-This man still lives, and is a free man. He does not need a bodyguard nor is he confined. He can go anywhere on this earth where other free men may go without disaster.

28 Line 8-A new life has been given us or, if you prefer, "a design for living" that really works.

42 Line 33-Spiritual principles would solve all my problems. I have since been brought into a way of living infinitely more satisfying and, I hope, more useful than the life I lived before.

46 Line 26-We began to be possessed of a new sense of power and direction

47 Line 17-He is on his way. It has been repeatedly proven among us that upon this simple cornerstone a wonderfully effective spiritual structure can be built.

50 Line 17-On one proposition, however, these men and women are strikingly agreed. Every one of them has gained access to, and believes in, a Power greater than himself. This Power has in each case accomplished the miraculous, the humanly impossible. As a celebrated American statesman put it, "Let's look at the record."

Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, there has been a revolutionary change in their way of living and thinking. In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, happiness, and sense of direction flowed into them. This happened soon after they whole-heartedly met a few simple requirements. Once confused and baffled by the seeming futility, of existence, they show the underlying reasons why they were making heavy going of life. Leaving aside the drink question, they tell why living was so unsatisfactory.

52 Line 25-When we saw others solve their problems by a simple reliance upon the Spirit of the Universe, we had to stop doubting the power of God. Our ideas did not work, But the God idea did.

55 Line 23-If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway. With this attitude you cannot fail.

57 Line 11-Even so has God restored us all to our right minds. To this man, the revelation was sudden. Some of us grow into it more slowly. But He has come to all who have honestly sought him.

When we drew near to Him He disclosed Himself to us!

58 Line 3-Rarely have we seen a person fail who has thoroughly followed our path.



58 Line 13-There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

63 Line 2-When we sincerely took such a position, all sorts of remarkable things followed.

63 Line 9-As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

63 Line 30-This was only a beginning, though if honestly and humbly made an effect, sometimes a very great one, was felt at once.

68 Line 27-At once, we commence to outgrow fear.

75 line 15-We can look the world in the eye. We can be alone at perfect peace and ease. Our fears fall from us. We begin to feel the nearness of our Creator. We may have had certain spiritual beliefs, but now we begin to have a spiritual experience. The feeling that the drink problem has disappeared will often come strongly. We feel we are on the Broad Highway, walking hand in hand with the Spirit of the Universe.

78 Line 9-Rarely do we fail to make satisfactory progress.

83 Line 30-If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and

of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

84 Line 15-They will always materialize if we work for them.

84 Line 31-And we have ceased fighting anything or anyone even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we had been placed in a position of neutrality-safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

85 Line 27-If we have carefully followed directions, we have begun to sense the flow of His Spirit into us.

86 Line 2-It works, if we have the proper attitude and work at it.

86 Line 26-Our thought-life will be placed on a much higher plane when our thinking is cleared of wrong motives.

86 Line 31-Here we ask God for inspiration, and intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while. What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind.

87 Line 9-Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it.

87 Line 34-We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day. "Thy will be done." We are then in much less danger of excitement, fear anger, worry, self-pity, or foolish decisions. We become much more efficient. We do not tire so easily, for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

It works-it really does.

89 Line 10-Life will take on a new meaning.

93 Line 2-he has become very curious to know how you got well.

95 Line 30-We have no monopoly on God; we merely have an approach that worked with us.

100 Line 6-Both you and the new man must walk day by day in the path of spiritual progress. If you persist, remarkable things will happen. When we look back, we realize that the things which came to us when we put ourselves in God's hands were better than anything we could have planned. Follow the dictates of a Higher Power and you will presently live in a new and wonderful world, no matter what your present circumstances!

100 Line 32-Assuming we are spiritually fit, we can do all sorts of things alcoholics are not supposed to do. People have said we must not go where liquor is served; we must not have it in our homes; we must shun friends who drink; we must avoid moving pictures which show drinking scenes; we must not go into bars; our friends must hide their bottles if we go to their houses; we mustn't think or be reminded about alcohol at. Our experience shows that this is not necessarily so. We meet these conditions every day. An alcoholic who cannot meet them, still has an alcoholic mind; there is something the matter with his spiritual status.

102 Line 21-Now you are getting back into the social life of this world.



108 Line 15-Today most of our men are better husbands and fathers than ever before.

117 Line 18-You will make mistakes, but if you are in earnest they will not drag you down. Instead, you will capitalize them. A better way of life will emerge when they are overcome.

120 Line 5-You will lose the old life to find one much better.

132 Line 18-We absolutely insist on enjoying life.

132 Line 27-So we think cheerfulness and laughter make for usefulness. Outsiders are sometimes shocked when we burst into merriment over a seemingly tragic experience out of the past. But why shouldn't we laugh? We have recovered, and have been given the power to help others.

133 Line 3-We are sure God wants us to be happy, joyous and free.

133 Line 15-We, who have recovered from serious drinking, are miracles of mental health.

134 Line 13-Some of us had this experience, only to enjoy in a few months, a finer intimacy than ever.

150 Line 3-They have a new attitude, and they have been saved from a living death.

152 Line 12-We have shown how we got out from under.

152 Line 18-Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous. There you will find release from care, boredom and worry: Your imagination will be fired. Life will mean something at

last. The most satisfactory years of your existence lie ahead. Thus we find the fellowship, and so will you.

153 Line 7-It may seem incredible that these men are to become happy, respected, and useful once more. How can they rise out of such misery, bad repute, and hopelessness? The practical answer is that since these things have happened among us, they can happen with you. Should you wish them above all else, and be willing to make use of our experience, we are sure they will come. The age of miracles is still with us. Our own recovery proves that!

156 Line 13-As we shall see he now means a great deal to his community, and the major liabilities of thirty years of hard drinking have been repaired in four.

158 Line 23-He never drank again. He too, has become a respected and useful member of his community.

159 Line 13-These men had found something brand new in life. Though they knew they must help other alcoholics if they would remain sober, that motive became secondary. It was transcended by the happiness they found in giving themselves for others.

162 Line 31-Thus we grow. And so can you, through you be but one man with this book in your hand. We believe and hope it contains all you will need to begin.

163 Line 6-You forget that you have just now tapped a source of power much greater than yourself. To duplicate, with such backing, what we have accomplished is only a matter of willingness, patience and labor.

164 Line 18-See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

By our count, I get 147 "promises". 16 deal with "removed of the drink problem" or "sanity restored." These are what we think of as the "criteria" for "recovered." The other 131 deal with what we got from alcohol-when it "worked" If "Dr. Bob's Nightmare" is included the total comes to over 150.