

Narcotics Anonymous: A Path to Recovery from Addiction

Narcotics Anonymous (NA) is a fellowship of men and women who are recovering from addiction. The organization offers a 12-step program that has helped millions of people achieve sobriety. NA is based on the belief that addiction is a disease that can be overcome through a spiritual awakening and a change in lifestyle.



Narcotics Anonymous by Narcotics Anon

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2163 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 489 pages
Lending	: Enabled



The History of Narcotics Anonymous

NA was founded in 1953 by two recovering addicts, Jimmy Kinnon and Bill W. Kinnon had been a member of Alcoholics Anonymous (AA), and he believed that a similar program could be helpful for people who were addicted to drugs. W. had also been a member of AA, and he agreed to help Kinnon start NA.

The first NA meeting was held in Los Angeles, California. The meeting was attended by 12 people, and it was the beginning of what would become a worldwide organization. NA quickly spread to other cities in the United States, and it soon began to attract members from other countries. Today, NA has over 60,000 members in over 140 countries.

The NA 12-Step Program

The NA 12-step program is a spiritual program that is based on the principles of AA. The steps are:

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.

9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

The 12 steps are a guide to recovery from addiction. They are not a set of rules, and they can be adapted to fit the needs of each individual. The steps are based on the belief that addiction is a disease that can be overcome through a spiritual awakening and a change in lifestyle.

The NA Fellowship

NA is a fellowship of people who are recovering from addiction. The fellowship provides support and encouragement to its members. NA meetings are held all over the world, and they are a place where members can share their experiences, strength, and hope with each other.

NA is not a religious organization, but it is based on spiritual principles. The fellowship believes that a Power greater than ourselves can help us to recover from addiction. NA members are encouraged to develop a relationship with this Power, and to rely on it for strength and guidance.

The Benefits of NA

NA has helped millions of people to recover from addiction. The fellowship provides support, encouragement, and accountability. NA members learn how to live a sober life, and they develop the skills they need to stay sober. NA is a lifelong program of recovery, and it can help people to achieve lasting sobriety.

If you are struggling with addiction, NA can help you. The fellowship is there to support you every step of the way. NA can help you to achieve sobriety and live a happy and fulfilling life.

Find a Meeting Near You

To find a NA meeting near you, visit the NA website at www.na.org.

Get Help Today

If you are struggling with addiction, don't wait any longer to get help. NA can help you to achieve sobriety and live a happy and fulfilling life. Contact NA today at 1-800-622-4357.



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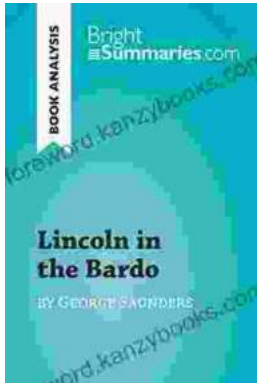
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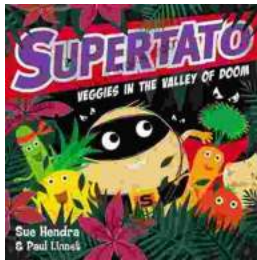
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