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September 7

"Just as it is wrong to enable or support any alcoholic to become re-addicted to any drug, it's equally wrong to deprive any alcoholic of medication which can alleviate or control other disabling physical and/or emotional problems."

Living Sober, 88

Living Sober is the great secular sourcebook for people new to AA. Any newcomer from any Twelve Step fellowship could find some value in its practical advice. The appendix in *Living Sober* is written by doctors who are sober members. They speak to issues of physical and mental problems most members will face and explain how we can be honest with ourselves and our doctors regarding mental health. Members freely give their own experience, strength and help on issues of depression, mood disorders, syndromes and surgeries that require painkillers. No member should play doctor. We avoid expressing our views as widely held or strongly recommended.

If we are faced with our own mental, emotional or physical issues we have a number of tests ahead of us. We may be predisposed to seeking chemical relief for physical or emotional pain. On the other hand, we may be long-timers with heads full of Twelve Step dogma and hearts full of do-it-myself pride. We keep our minds open; we don't rely strictly on what we know and think.

When I am ambivalent about a life choice, why not ask myself what

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