



# **Step 5 of The Twelve Steps of Alcoholics Anonymous: Guide, History & Worksheets**

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The Twelve Steps in Alcoholics Anonymous are a spiritual solution to addiction. By working the Twelve Steps, millions of people have found hope and recovered. This book takes the next step into Step Five: 'Admitted to God, to ourselves, and to another human being the exact nature of our wrongs', and examines what the Big Book of Alcoholics Anonymous prescribes. There is also a section on the History of The Twelve Steps & Worksheets to help dig deeper into the triggers underneath the addiction.

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