

Alcoholics Anonymous

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Alcoholics Anonymous, more commonly known as AA is the world's largest self help group for people who want to kick their alcohol addiction.

Alcoholics Anonymous is a group of men and women who have suffered from or are themselves suffering from alcoholism, and who turn towards each other in order to help themselves get rid of their addictions. If you think that you are an alcoholic or are "addicted to alcohol", then you can seek help from your local AA chapter.

They not tell you whether you are an alcoholic or not. So it is up to you to judge if you are one, in case there are any doubts. If you feel the urges or cravings to lay hands on your favorite poison, always end up drinking more than what you wanted to, or are physically dependent on alcohol to get you through the day or the night, then you are what can be termed an alcohol dependent or alcoholic person.

There are a lot of people who think that they are not alcoholics just because they have the ability to consume large amounts of alcohol without losing control of their senses, but in the true sense of the word, these people are also alcohol dependent.

Alcoholics Anonymous is the best kind of support group that anybody can ever think of joining, because it is one of those rare organizations in the world that is apolitical non-denominational and multiracial. The group has absolutely no social, political or religious leanings and the only leaning the group has is towards reaching a collective goal of non-alcoholism.

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