

Does Alcoholics Anonymous Work

admin · Thursday, January 17th, 2008

Alcoholics Anonymous is probably one of the oldest forms of dealing with an alcohol addiction, and anyone who has an alcohol addiction has likely to have heard of Alcoholics Anonymous also simply known as AA.

I have been to a few of there meetings and spoke to a number of people who have also attended there classes and most people seem to be giving me maixed feelings "It's a bunch of unserious people that have no effective means of dealing there problems (Alcohol)". People have even told me that there techniques there use are not to modern day life, and they still live back in the old times.

So should you seek help from Alcoholics Anonymous? Here are a few questions which I can answer for you which might help you make the right decision.

What is Alcoholics Anonymous (AA)?

Alcoholics Anonymous is a long-standing organization of people which are out to help alcoholics recovery from there alcohol addiction. Remaining sober is the goal for all those attending Alcoholics Anonymous meetings. But does this happen? More times than not most people do slip back into their old habits and hit the bottle again. The program they offer you is known as the twelve-step-program, which is aimed at helping alcoholics over come there drinking problem.

Just what does Alcoholics Anonymous do?

Alcoholics Anonymous offers hope and help to people who can't afford to attend a private health clinic. In fact you'll never be asked to put your hand in your pocket for money because it's free. Basically you can attend as many times as you like or as few meeting as you like.

You'll find Alcoholics Anonymous hold meetings in nearly every major metropolitan city, and the meetings can be daily or just once a week, it all depends just how busy that alcohol rehab centre is.

If you have an alcohol addiction its worth attending a meeting, you don't have to participate, you can just sit there and listen to the group leader as he addresses other peoples problems.

Just how does Alcoholics Anonymous help people?

Alcoholics Anonymous helps people by running an alcohol rehab program which is tailored with there twelve-step-program designed to stop you from drinking alcohol. But what is very interesting is that most people who run these programs are ex-alcoholics or had problems with drinking alcohol sometime in there life.

Now before you go off rushing to pick the phone up and find out where your nearest Alcoholics Anonymous rehab centre is, I advise you to do your research first, there are plenty of reputable website on the Internet which can help you, and some even offer 100% money back guarantee's if they can't help you over come your alcohol addiction. Remember you have everything to gain and nothing to lose.

This entry was posted on Thursday, January 17th, 2008 at 5:47 am and is filed under [Alcohol Abuse](#), [Alcohol and Your Health](#), [Alcoholism Articles](#), [Information And Help](#), [Drink Driving](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.