

## **Proposal 2022 – 3**

**Submitted by:** MA063

**Issue:** We propose that ACA draft "Founder Tony A's Guide to Lifelong Recovery" based on the written and spoken words of ACA founder Tony A.

The book will familiarize readers with his practices for working the twelve ACA steps. It will invite members to learn about and reflect upon their own experiences in light of Tony A's insights. The book's topics, readings, and questions will be structured for use at meetings and to promote fruitful sharing.

**Background:** Tony A's twelve steps to recovery are central to his founding of ACA and its mission, and he worked to articulate his nuanced views for more than a decade. Furthermore, his vision, and his insight into re-parenting towards self-love, are referred to throughout the ACA Literature. Yet, surprisingly, there is no ACA publication about his perspectives on the ACA Twelve Step process.

A guidebook centered on Tony A's insights would fill that void. The guide would draw from his writings, presentations, interviews, and BRB contributions. It would not aggrandize Tony A. The intent would be to enhance the recovery process by presenting the coherent, personalized experiences and insights of one influential Adult Child's journey.

The book's chapters would be brief and approachable by new members. It would engage readers by exploring our founder's vision for how to apply the steps in practical and inspiring everyday ways. By focusing on a specific theme of Tony A's work, each chapter would highlight aspects of the recovery steps and promote reflection, insight, and sharing. This personalized style would help readers on the journey to understand their own history and, most importantly, to embrace their higher power to direct their re-parenting for self-love.

In short, we are proposing a guidebook on the Words of Wisdom of ACA Founder Tony A., being a full reflection of his vision, theories, and practices, with commentary on the traits and steps, and quotations to promote recovery.

**Resources/Implementation:** Here are some starting point resources for compiling the book:

- The ACA Laundry List - Tony A's book, "The Laundry List: The ACoA (Adult Children of Alcoholics Experience)" by Tony A. with Dan F., Health Communications, Inc., Deerfield Beach, FL, published November 1990
- ACoA's Twelve Steps of Recovery
- 1992 ACA interview with Tony A. referred to in BRB, p. vii (1992)
- Tony A's YouTube audio ACoA Twelve Steps of Recovery on the acawso.org website - Additional explicit references to Tony A in the BRB, e.g., pp. xxi, xxxvii, 52n, 70, 157, 267, 288, 294n, 625.
- Additional references to Tony A. in History of ACA on the Adult Children website. - Insights and perspective, drawn from the text of the BRB, that highlight the focal points of Tony A's steps.
- Upcoming interviews of or reflections by members who worked the program in-person with Tony A.

The workbook would be produced from an in-depth review of Tony A's written and spoken words, and an in-depth search of the BRB for content that highlights his gentle, loving, and fearless work as an adult child. We have one group member who is a published recovery author (McGraw-Hill, Columbia University Teachers College Press, etc.) who humbly offers to serve as another fellow traveler-writer if needed. Another member is eager to help with interviewing, thematic design, and with editing of text.

We have suggestions for possible titles including:

- Founder Tony A's Guide to Lifelong Recovery

- All action coming from love: ACA founder Tony A's guide to lifelong recovery - All action coming from love: founder Tony A's vision for integrating ACA traits, steps, and underlying principles

**WSO Analysis:** Tony A. co-published a detailed commentary on his life and recovery insights that performs many of the functions proposed in this measure. That book, which is called "The Laundry List," can be purchased online, and under ACA's open literature policy, any group may use this book as a basis for meetings and personal recovery. However, Tony A.'s book is not ACA Conference approved literature, and it is protected by copyright. ACA World Service does not have permission to quote extensively from it. ACA does not currently have sufficient source material outside of "The Laundry List" to produce or publish a book as proposed in this measure.

