

Memphis, Tennessee  
February 15, 1981

Dear Fellow Addicts:

We have collected material from individuals and groups worldwide, sharing our experience of recovery. We have compiled the information in the form of a "review" copy, which is proposed as our definitive work on addiction and recovery.

This work is the product of the three World Literature Conferences which were held between October 1979 and February 1981 at Wichita, Kansas, Lincoln, Nebraska and Memphis, Tennessee. In excess of 4,500 man-hours were expended at Memphis by more than seventy recovering addicts from thirteen states to produce the final work. In addition, the Memphis conference kept nine typewriters, two photocopiers, three cassette recorders, two telephones and a dictaphone in almost continuous use, and used over 20,000 sheets of paper.

We are asking for your corrections or comments. It has been suggested that a group effort may be most effective.

Please return the attached review-input form promptly. The deadline for input is April 15, 1981, received at Atlanta, or at Los Angeles before the World Literature Conference IV begins April 26, 1981.

Review-input forms will be processed at the World Literature Conference IV in Los Angeles during the last week of April 1981. Everybody is encouraged to attend this conference.

Our goal is to have the review copy approved, Fellowship-wide, and to present the finished manuscript to the World Service Conference in May 1981. Following this approval, the book will be ready for publication in hardback.

Let your H.P. be your guide. We remain your trusted servants.

In gratitude and loving service,

Tim T., Cathy T., Cordie A., Jeff B., Robyn C., Deb D., Richard D., Robert J., Jeff K., Gene L., Lee M., Kathy P., Mike P., Duane P., Mike P., Stephen S., Gary S., Morris S., Randy S., Gina H., Kevin B., Cindy H., Danny J., Brenda M., Bill B., Jeanette, Nolan W., Richard, Carol B., Dwayne L., Donna B., Allen C., Hank F., Roland C., Page C., Tina E., Shorty H., Tom M., Bo S., George S., Mary L., Peggy V., Frank I., Laurie S., Mindy M., Mollie P., Linda M., Kirk D., Bob D., Tom L., Doug W., Dan K., Jeff L., Jim M., Terica W., George R., Ted S., Jane B., Beverly B., Terri C., Dennis E., Jack H., Cindy H., Kenny H., Linda L., Bill K., Jan K., Joseph P., Bob S., Roger T.

WORLD LITERATURE CONFERENCE III  
WORLD SERVICE CONFERENCE-LITERATURE COMMITTEE,  
NARCOTICS ANONYMOUS

HARDBACK IN JUNE!



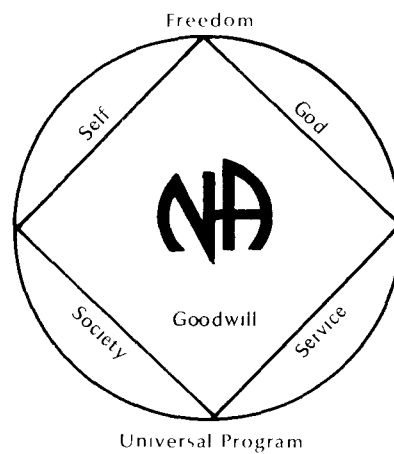
NARCOTICS ANONYMOUS

Simplicity is the keynote of our symbol, it follows the simplicity of our fellowship. We could find all sorts of occult and esoteric connotations in the simple outlines, but foremost in our minds were easily understood meanings and relationships.

The outer circle denotes a universal and total program that has room within for all manifestations of the recovering and wholly recovered person.

The square, whose lines are defined, is easily seen and understood, but there are other unseen parts of the symbol. The square base denotes Goodwill, the ground of both the fellowship and the member of our society. Actually, it is the four pyramid sides which rise from this base in a three dimensional figure that are the Self, Society, Service and God. All rise to the point of Freedom.

All parts thus far are closely related to the needs and aims of the addict seeking recovery and the purpose of the fellowship seeking to make recovery available to all. The greater the base, as we grow in unity in numbers and in fellowship, the broader the sides and the higher the point of freedom. Probably the last to be lost to freedom will be the stigma of being an addict. Goodwill is best exemplified in service and proper service is "Doing the right thing for the right reason." When this supports and motivates both the individual and the fellowship, we are fully whole and wholly free.



# NARCOTICS ANONYMOUS



NARCOTICS ANONYMOUS  
**World Service Conference**  
**Literature Committee**

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N.A.W.S.C.-L.C.

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## FORWARD

"The full fruit of a labor of love lives in the harvest, and that always comes in its right season..."

The material for this book was drawn from the personal experiences of recovering addicts within the Fellowship of Narcotics Anonymous. The text is based on an outline derived from the pamphlet (our "white book"), "Narcotics Anonymous." The first eight chapters are based on the topic headings in the "white book" and carry the same title. We have included a ninth chapter, 'Just for Today,' and a tenth chapter, 'More Will Be Revealed.' The remainder of the text is comprised of personal stories and appendices.

Following is a brief history of the book:

Narcotics Anonymous was formed in July 1953 with the first meeting held in Southern California. The Fellowship grew erratically, but quickly spread to various parts of the United States. From the beginning while membership was still very small and the need was seen for a "book on recovery" to help strengthen the Fellowship. The pamphlet, "Narcotics Anonymous," was published in 1962.

However, the Fellowship still had little structure and the 1960's were a period of struggle. Membership grew rapidly for a time, and then began to decline. The need for more specific direction was readily apparent. N.A. demonstrated its maturity in 1972 when a World Service Office was opened in Los Angeles. The W.S.O. has brought the needed unity and sense of purpose to the Fellowship.

The opening of W.S.O. brought stability to the growth of the Fellowship. Today, there are many thousand recovering addicts in hundreds of meetings all across the United States and in many foreign countries. Today, the World Service Office truly serves a worldwide Fellowship.

Narcotics Anonymous has long recognized the need for a complete text on addiction--a book about addicts, by addicts and for addicts, which would serve us much like the A.A. "Big Book" has served that fellowship.

This effort was strengthened shortly after the formation of W.S.O. with the publication of The N.A.

Tree, a pamphlet on service work. This pamphlet is the original "service manual" of the Fellowship. It has been followed by subsequent and more comprehensive volumes, and now the N.A. Service Manual.

The manual outlined a service structure which included a World Service Conference. The W.S.C., in turn, included a Literature Committee. With the encouragement of W.S.O., several members of the Board of Trustees and the Conference, work began.

As the cry for literature, particularly a comprehensive text, became more widespread, the W.S.C. Literature Committee developed. In October, 1979, the first World Literature Conference was held at Wichita, Kansas, followed by conferences at Lincoln, Nebraska and Memphis, Tennessee.

The W.S.C. Literature Committee, working in conference and as individuals, have collected hundreds of pages of material from members and groups throughout the Fellowship. This material has been laboriously catalogued, edited, rewritten, assembled, dismembered and reassembled. Dozens of area and regional representatives working with the Committee have dedicated weeks and thousands of man-hours to produce the work here presented. But more importantly, those members have conscientiously sought to insure a "group-conscious" text.

In keeping with the spirit of anonymity, we, the Literature Committee, feel it appropriate to express our special gratitude and appreciation to the Fellowship as a whole, especially the many of you who contributed material for inclusion in the book. We feel that this book is a synthesis of the collective Group Conscience of the entire Fellowship and that every single idea submitted is included in the work, in some form or another.

This volume is intended as a textbook for every addict seeking recovery. As addicts, we know the pain of addiction, but we also know the joy of recovery we have found in the Fellowship and on the program of Narcotics Anonymous. We believe the time has come to share our recovery in written form with all who desire what we have found.

Appropriately, this book is devoted to informing every addict: JUST FOR TODAY, YOU NEVER HAVE TO USE AGAIN!

Therefore,

"With gratitude in our cleanliness, we dedicate our N.A. book to the loving service of our Higher Power that through the development of conscious contact with God, no addict seeking recovery need die without having had a chance to find a better way of life."

We remain trusted servants.

In gratitude and loving service,

WORLD LITERATURE CONFERENCE-III  
WORLD SERVICE CONFERENCE-LITERATURE COMMITTEE,  
NARCOTICS ANONYMOUS

At Memphis, Tennessee  
February 8, 1981

## INTRODUCTION

This book is the shared common and personal experience of the Fellowship of Narcotics Anonymous. We welcome you to read this text, trusting that you will choose to share with us the new life we have found. We have by no means found a "cure" for addiction. We offer only a proven plan for daily recovery.

In N.A., we follow a program adapted from Alcoholics Anonymous. In the last forty-five years, more than one million people have recovered in A.A., most of them just as hopelessly addicted to alcohol as we were to drugs. We are grateful to the A.A. fellowship for showing us the way to a new life.

The Twelve Steps of Narcotics Anonymous, as adapted from A.A., are the basis of our recovery program. We have only broadened the perspective of addiction. We follow the same path with a single exception; our identification as addicts is all-inclusive in respect to any mood-changing, mind-altering substance. "Alcoholism" did not cover the total spectrum as comprehensively as does addiction. We believe that we have been guided by a Greater Consciousness as a Fellowship, and are grateful for the Direction that has enabled us to build upon an already-proven program of recovery.

We have come to Narcotics Anonymous by various means and believe that as our common denominator is that we failed to come to terms with our addictions, however varied. Because of the degree and variety of addictions found within our Fellowship, we have approached the solution contained within this book in general terms. We pray that we have been searching and thorough, so that every addict who reads this volume will find the hope we have found.

Based on our collective experience, we believe that every addict, including the "potential" addict, suffers from an incurable disease of body, mind and spirit. We were in the grip of a hopeless dilemma. The solution of which is spiritual in nature. Therefore, this book will deal in great part with spiritual matters.

We are not a religious organization. Our program is a set of spiritual principles through which we are recovering from a seemingly hopeless state of mind and body. Throughout the compiling of this work, the prevailing theme has been the conscious prayer and meditation:

"GOD, grant us knowledge that we may write according to Your Divine precepts; instill in us a sense of Your purpose, make us servants of Your will and grant us a bond of selflessness that this may truly be Your work, not ours, in order that no addict, anywhere, need die from the horrors of addiction."

Everything that occurs in the course of N.A. service must be motivated by the desire to more successfully carry the message of recovery to the addict who still suffers. It was for this reason that we began this work. We must always remember that as individual members, groups, and service committees, we are not, and should never be, in competition with each other. We work separately and together to help the newcomer and for our common good. We have learned, painfully, that internal strife cripples our Fellowship; it prevents us from providing the services necessary for growth.

It is our hope that this book will help the suffering addict find the solution we have found. Our purpose is to remain clean, just for today, and to carry the message of recovery.

Thank you,

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