



101 Meeting Starters: A Guide to Better Twelve Step Discussions

Mel B.

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Mel B's *101 Meeting Starters* is a friendly, first-ever guide to making the most of Twelve Step meetings. Anyone who has participated in a Twelve Step meeting knows the benefit of these confidential forums for sharing the experience, strength, and hope that sustain recovery. Sometimes, however, meetings get sidetracked by irrelevant topics, dominant speakers, or other distractions, leaving attendees feeling frustrated or unfulfilled. This collection of dynamic Twelve Step "meeting starters" brings focus and meaning to group discussions with topics including "Dealing with Rejection," "Attracting Trouble," "Happy Coincidences," and "Live and Let Live.

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