

Emotional Sobriety

The Next Frontier

A workshop presented by Area 36-District 24

Referring to Emotional Sobriety, Bill Wilson (our co-founder) said *"I haven't offered you a really new idea—only a gimmick that has started to unhook several of my own "hexes" at depth. Nowadays my brain no longer races compulsively in either elation, grandiosity or depression.*

I have been given a quiet place in bright sunshine.

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Most of us have found that recovery doesn't mean we will be free of problems and intense feelings. This“ gimmick”, as Bill refers to it, is a means of discovering new and better ways of dealing with them and learning how to ***live life on life's terms***, and letting go of the idea that life ought to conform to our expectations.

Saturday, October 26 from 12:30 to 4 PM

At the Shepherd of the Lake Lutheran Church

3611 N. Berens Road. N.W. Prior Lake, MN

12:30 Lunch provided (Gourmet Pizza and more)