



# 101 Meeting Starters: A Guide to Better Twelve Step Discussions

By 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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### **Editorial Review**

#### **About the Author**

Mel B., a resident of Toledo, Ohio, since 1972, is a writer specializing in recovery, timely business topics, speeches, publicity and military history. Retired since 1986, he served in public relations for a major corporation headquartered in Toledo. Mel B. is a recovering alcoholic and a longtime member of Alcoholics Anonymous. He writes anonymously on subjects related to alcoholism and was a contributing writer for *Pass It On*, AA's authorized biography of co-founder Bill Wilson. In addition to *Ebby: The Man Who Sponsored Bill W.*, he has authored two other Hazelden books, *New Wine* and *Walk In Dry Places*, as well as several Hazelden pamphlets. He has also contributed about fifty articles to *The Grapevine*, the international journal of AA.

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