

Time to Take *A Little Time for Myself*

Al-Anon's newest daily reader, *A Little Time for Myself—A Collection of Al-Anon Personal Experiences* (B-34), is now one year old! As those who have already purchased this reader have found, these pages mirror the many ways today's members practice the program in their lives and illustrate that Al-Anon is indeed for *anyone* affected by someone else's drinking. Visit the Al-Anon Online Bookstore at **al-anon.org/shop** to get your copy.