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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Meeting The Right Person

By matchsweetsingles.com

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Yes, these are REAL people looking for friends to exploring their inner most desires. Though no online site can weed out all of the FAKES! www.matchsweetsingles.com has spent tens of thousands of dollars to insure that your experience in online dating is as close to the real thing as you can get. Since many of our members come from our physical venues, www.matchsweetsingles.com can boast the highest REAL people percentage in the industry! <http://www.matchsweetsingles.com/>

www.matchsweetsingles.com is the place where real people can get together and meet from the privacy and safety of their own home. From friendship, romance, or sexual exploration www.matchsweetsingles.com caters to a diverse group of people and private preferences. Beyond the concept of online activities, we also support an ever growing offline network of physical venues. <http://www.matchsweetsingles.com>

How to Get the Most Out of an AA Meeting

By Anne Dibala, M. D., The Recovery Coach™

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1. Know where the meeting location is in advance.

You might want to check a directory to see if the meeting is still at that location. Preferably, drive by the building at least the day before so you know where the building is, since many of the meetings are at night and it may be difficult to locate an address in the dark.

2. If you are self-conscious about going to your first AA meeting, or going to a new group, you might want to find someone to go with you who is a member of this group, or know someone in the group.

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3. Have a positive expectant attitude.

If it's the first time that you are attending any AA meeting, you might want to talk with someone who is already a member of AA who can explain how the meetings work, or even take you to a meeting.

4. Take a nice bath that day if you can.

Not only will it help you relax and make you feel better as soon as you do, but you may also feel more comfortable in the meeting.

5. Wear comfortable clothes.

The dress code is very informal. Some meetings do not even require that you wear shoes. (Almost everyone in Alaska wears shoes during the winter!)

6. Have a bite to eat before you go if it's a later meeting, and you would have to delay your lunch or dinner.

No reason to be distracted by hunger pangs.

7. If you are a smoker and find it very difficult to go without a cigarette, you can make it easier by choosing a "smoking" meeting where, not surprisingly, smoking is allowed during the meeting, ashtrays are provided, and you won't go into a nicotine fit.

8. Try to arrive a few minutes before the meeting is scheduled to begin.

Most AA members are very friendly and glad to greet "newcomers." They're there for the same reason you are — alcohol was a problem and they want to stop and stay stopped.

9. Realize that you are not required to say anything at all at a meeting.

It's all up to you to say as much or as little as you wish. You don't even have to give your name if you don't want to.

10. Take it a day at a time, or five minutes at a time.

And allow yourself to enjoy the Fellowship.

©Anne Dibala, M.D., The Recovery Coach™, <http://www.responsiblerecovery.com> . Anne is a psychiatrist and addictionologist. Our experienced, dedicated staff are here to serve you no matter where you are in your growth curve. If you're high-functioning, we want to help you reach your further goal. If you feel stuck, let us help you. HOPE + HELP + ACTION = RESULTS.

[Mailto:TheGrowthCoach@responsiblerecovery.com](mailto:TheGrowthCoach@responsiblerecovery.com) .



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