

Emotions Anonymous Catalog of Materials - 2010

Books from EA

Emotions Anonymous

EA's "Big Book," our basic text, provides the principles and the tools of our program, EA history, and stories from people whose lives have been changed by EA, plus much more.



Today (meditation book)

Daily readings written by EA members offer thoughts on serenity, courage, wisdom, and peace of mind to help us live in the world one day at a time *today*.



It Works if You Work It

This 250-page book gives you all the tools you need for working your 12 Step program. It's our 12 Step primer.



New Literature & Medallion

My EA Journal of Recovery

Form 34 replaces My EA Workbook, Form 33. It has doubled in size. There are work areas for Acceptance, Anger, Depression, Fear, Grief, Happiness, Loneliness, Love, Self-Esteem, Shame and Suicide, as well as six journaling areas designed to help you become better acquainted with yourself. You will find the Journal a great opportunity for growth.



New Serenity Pamphlet

The newest in our "Living with Emotions Series" is a pamphlet on Serenity. It teaches serenity can be seen anywhere if it is just looked for. The pamphlet helps in the understanding of what serenity is and what might be done to have it a regular part of our lives.



New The Four A's

It is through the Four A's, Action, Awareness, Acceptance, and Attitude, that we are able to grow in recovery. This pamphlet will walk you through the Twelve Steps using the Four A's.



New Circle EA Medallion

The New EA Medallion, while retaining the flat bottom to symbolize that recovery is ongoing and not complete, is now encased in a circle to signify the circle of love and family that comes with recovery.



EA Recovery

The New Message

Previous packets of the years 2002-2007 can be purchased through the Service Center.



10 Years of Convention Highlights

This is a special CD collection of meaningful and inspirational shares from 10 Annual Conventions, 1987-1997.

On CDs - Original EA Book Stories

The 31 personal stories come from the original EA book published in 1972. It was a different time, but the stories remain the same and share the hope and recovery of Emotions Anonymous.

Twenty-Five Years of The Message

Collection of Message stories published during the first 25 years. (58 pp.)

Everyday Miracles: Blessings From My Higher Power:

Members share HP experiences that have made a difference in their lives. (44 pp.)

EA's Twelve-Step Program "The Yellow Pamphlet" - #1

Our basic pamphlet for meetings. Contains the Serenity Prayer, Concepts, Just for Today's, Slogans, Traditions, Steps, and Promises. **Large print, #1-lp**, and an older Spanish translation, #1-sp

Simply EA - #2

This simple yet comprehensive version includes a personal inventory, meeting format, and the contents of the *Yellow Pamphlet* in easy-to-understand language written for use by all age groups.

A Personal Inventory: My Strengths and Limitations - #4

Helps us look closely at our feelings, attitudes, and behaviors.

I Have a Choice - #5

Card containing the Steps, Just for Today's, and Serenity Prayer.

Cycle of Emotional Illness & Recovery - #15

A graphic chart of the characteristics of the descent into emotional illness and its bottom, and the progress upward during recovery.

Seventh-Step Prayer - #21

Colorful, laminated wallet-sized cards.

To My Family, Relatives and Friends - #23

Are friends or family members puzzled by your commitment to EA? This pamphlet can help them understand.

Sponsorship - #25

Sponsorship is important and recommended. This pamphlet includes tools and guides for Sponsor and Sponsee.

Help for a Better Life - #31

Questions and answers useful in helping new or potential members decide if EA is for them.

My EA Journal of Recovery - #34

Form 34 replaces My EA Workbook, Form 33. It has doubled in size. There are work areas for Acceptance, Anger, Depression, Fear, Grief, Happiness, Loneliness, Love, Self-Esteem, Shame, and Suicide, as well as six journaling areas designed to help you with growth.

The Traditions - #40

Companion to *Step By Step*. A must for groups and individuals to better understand the guidelines and traditions on which our program is based. (40 pp.)

The Twelve Promises - #41

Reminder card containing the hope our new way of life offers in the form of EA's Twelve Promises.

Step By Step - #42

Offers insight and provides a guide for working each of The Twelve Steps of Emotions Anonymous. (36 pp.)

Living with Emotions Series Available individually or as a packet.

Self-Esteem - #45, Resentments - #46, Fear - #47, Anger - #48, Indecision - #49, Perfectionism - #50, Forgiveness - #51, Suicide - #52, Love - #53, Depression - #54, Grief - #55, Shame - #56, Anxiety - #57, Patience - #58, Serenity - #59
All 15 pamphlets, Packet - #60.

These brochures provide insight into these common issues of concern.

How It Works - #61

Pages 39-82 from the EA book on working the steps. Large print format, 8½ x 11. Great for everyday use, member notes, etc.

EA Recovery Around the World

Spanish: Our Spanish EA Book contains pages 1-161 of the EA Book. Our Spanish Literature Packet contains 33 pieces of EA literature, the Traditions, Chapter 6 from the original EA book on the Steps, and assorted readings from the *Today* book. Also available is our Living With Emotions series.

French: A catalog and order form can be found on our web site.

German: A catalog and order form can be found on our web site.

Materials are also available in Japanese, Portuguese and Swedish, along with assorted pieces in other languages. Contact ISC for information.

Just for Groups

EA Meeting Sign - #3

Emotions Anonymous and logo in a pretty blue. Helps newcomers and others to find the meeting area. Laminated.

Group Inventory - #6

Questions to evaluate the effectiveness of your meeting and the contributions of individual members to the group. This inventory can assist in resolving group problems.

Suggested Format for Meetings - #7

The agenda for leading a meeting on a convenient 8.5x11 laminated card. This card and the ability to read is all you need to lead a meeting.

Weekly Meeting Minder - #9 Helps track group finances & activities.

Guide for New and Existing EA Groups - #13

The answers to those commonly asked questions about EA meetings to help members start a group or improve existing meetings.

Meeting Table Card - #16 - Helps remind members of the need for confidentiality.

News Release - #22

Let your community know about a new EA group or existing EA meetings.

Welcome to a New Way of Life - #28

Explains the basics of EA. Share one with a friend!

How Our Meetings Work - #37

Explains what to expect at EA meetings and why we do things as we do. A great pamphlet for *new* and *long-time* members.

Group Starter Packet - #44

Perfect for newly-formed EA groups. Contains a variety of group and recovery pamphlets.

Handling Disruption: To maintain group serenity - #62

Has your group experienced disruption or discomfort from a member's behavior? These suggestions help handle the disruption and regain group serenity.

Literature Display Rack - Wire

17"W x 16" H x 10½ D. Holds 16 sets of Pamphlets. Folds flat for easy storage.

Community Outreach Packet - #17

Sample letters and posters that can be sent to local professionals or distributed to the community at large.

Bylaws of Emotions Anonymous - #24

Unity and Service

Public Information Meeting Guide - #30

Expanded guide for introducing EA to the public. Includes step-by-step planning.

Guidelines for Local, Area, and Regional EA Events - #32

A valuable resource if you have ever thought of having an EA event in your area. Easy to follow, it guides you from start to finish.

Guide for Forming an Intergroup Association - #38

Suggestions about forming an intergroup and how an intergroup can work to meet the needs of EA members in your area.

Guide for Speaking at Twelve-Step Events - #39

Suggestions for carrying the EA message.

EA's Annual Report - #43 Confidential—for EA members only.

Introducing EA to the Health Care Professional - #63

This handy pamphlet will help professionals know who is right for EA.

Guide for Participating in Health Fairs and Other Events - #64

The basic how-to's of carrying the message to health fairs and other community projects.

Community Outreach Workbook - #65

A comprehensive guide for community outreach work. (56 pp.)

International Service Guide - #67

12 Working concepts to help guide your group.

Celebrate

NEW EA Medallion & Holder

Recovery should be celebrated. Our graceful, simple-styled symbol of EA makes a thoughtful gift. The holder is suitable for chains.



EA Recovery Cards



EA's 30, 90, 180 and 365-day laminated "**Recovery Cards**" will make an important statement in your group. Each has three of the Promises on the back. Collect all four and watch the Promises grow.

Order Form 2010

New Message Packets	
Yearly packets of 4 available in years 2002-2007 (\$5.00 each)	
<u>Qty</u>	<u>Qty</u>
Year 2002 _____	Year 2005 _____
Year 2003 _____	Year 2006 _____
Year 2004 _____	Year 2007 _____
New Message Total	\$ <input style="width: 100px;" type="text"/>

Notes:

***Shipping & Handling Charges**

Please allow up to 2 weeks for delivery.

Within USA

Up to \$20.00 \$ 4.00
 Over \$20.00 20% of order
 Over \$100.00.....15%

Canada & Mexico

Up to \$20.00 \$ 6.00
 Over \$20.00.....30% of order
 Over 100.00.....25%

Other Countries

Up to \$20.00 \$ 10.00
Over \$20.00 ...35% of order, or actual shipping cost if more.

Discount Policy

- A 10% discount can be taken on books in case lots of 26. Cases may not be mixed.
- A 10% discount can be taken on literature orders of 100 pieces or more.
- An additional 10% can be taken for donations on file for \$25 or more (only one per order)

You may also order direct from our EA Store at www.EmotionsAnonymous.org

Prices are subject to change without notice.

ALL FUNDS MUST BE IN U.S. CURRENCY

Date: _____ **Please print neatly!**

Name _____

Telephone (_____) _____ - _____

E-mail _____

Address _____

City _____ **State** _____

Zip Code _____

Country _____

Books/CDs	\$ _____
Literature	\$ _____
Merchandise	\$ _____
New Message Pkt	\$ _____
SUBTOTAL	\$ _____
*Ship/Handling	\$ _____
Sales Tax (MN Residents Only)	\$ _____
Group Donations	\$ _____
Individual Donation	\$ _____

EA Group (city, state, day, time) _____

(Visa / MasterCard / Discover accepted)
Credit Card # _____
Exp. Date _____ **3-digit code** _____

Signature _____

Mail to: Emotions Anonymous
 PO Box 4245
 St Paul MN 55104-0245 U.S.A.
 Telephone (651) 647-9712
 Fax (651) 647-1593

Office use only

TOTAL US DOLLARS \$

Payments may also be made at **PayPal.com** using our e-mail address: orders@emotionsanonymous.org

Office Use Only: Shipped _____ **Via** _____ **Init.** _____