Emotions Anonymous is an international fellowship of men and women who desire to improve their emotional well-being. There is no registration fee for the conference. To find out what EA has to offer you, to find a meeting, order literature, make a donation, and more, go to our website at emotionsanonymous.org or call the International Service Center at 651-647-9712.
Recommended Reading List for Newcomers

Although you may participate in the conference without them, the following EA literature may be referenced during the conference:

- The Yellow Pamphlet is found here: The Yellow Pamphlet
- Emotions Anonymous (Our Big Book, dark blue cover)
- Today (Our daily devotional, dark blue cover)
- It Works if You Work It (Light blue cover)

To order these and other materials, go to emotionsanonymous.org or call our ISC at 651-647-9712.

The Serenity Prayer

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

The 12 Principles Behind the 12 Steps

1. Honesty
2. Hope
3. Faith
4. Courage
5. Integrity
6. Willingness
7. Humility
8. Responsibility
9. Justice
10. Perseverance
11. Spiritual Awareness
12. Service

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