



Emotions Anonymous Catalog

June 2018

Supporting individuals with emotional difficulties in their efforts to live more manageable lives by using the Emotions Anonymous Program of recovery.

Books

Emotions Anonymous*

EA's "Big Book"- the principles and tools of our program, stories from people whose lives have been changed by EA, and the history of the program.

Today

A meditation book with daily readings written by EA members offering thoughts on serenity, courage, wisdom and peace of mind to help us live in the world one day at a time.

It Works if You Work It*

The "how-to" of the 12 Steps containing tools to work the program.

How It Works - #61

Pages 39-82 from the EA Book on working the steps. 8½ x 11 **LARGE PRINT** format, spiral-bound.

Workbooks

My EA Journal of Recovery - #34

A great guide for personal growth. Focuses on Acceptance, Anger, Depression, Fear, Grief, Happiness, Loneliness, Love, Self-Esteem, Shame, Suicide plus six journaling areas designed to help you become better acquainted with yourself. Spiral-bound.

EA's 12 by 12 - #12

An excellent resource for working the 12 Steps and 12 Traditions. Includes questions and writing space for your personal reflections on each Step and Tradition. 8.5 x 11 Spiral bound.

Community Outreach Workbook - #65

A 55 page guide for community outreach work.

A Personal Inventory: Strengths & Limitations - #4

Helps look at our feelings, attitudes, & behaviors.

Recent Additions

Taking the Fear out of the Fourth Step: A Joyful and Uplifting Journey - #74

A thought-provoking alternative way to work through the 4th Step in a workbook format.

From Surviving to Thriving - #26

How we can move from just getting by to living a full life.

Real Listening #29

What it means to be truly present to really hear others - and what it means for us personally.

Materials for Newcomers

Simply EA - #2

A multiple page guide with all the basic information about an EA meeting, the concepts, traditions, steps, 4th step inventory suggestions, Just for Today thoughts, promises and slogans. Whew!

Welcome to a New Way of Life - #28

Explains the basics of EA.

How Our Meetings Work - #37

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

EA Welcome Kit - #14

An packet of eight informative pieces in a folder to keep on hand to give out to all meeting newcomers!

Did you know we have...

Serenity notecards - #75

Lovely, small cards with the Serenity Prayer on the front. Just the right size for words of encouragement, thank you's or any other reason you want to connect .

**también disponible en Español - ver interior*

One day at a time.

Pamphlets

***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 version - #1- LP

***To My Family, Relatives and Friends* - #23**

Are people puzzled by your commitment to EA? This pamphlet can help them understand.

***Sponsorship* - #25**

Sponsorship is encouraged. Discover tools and guides for both 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.

***The Four A's* - #10**

Action, Awareness, Acceptance, and Attitude are referred to as the Four A's.

Introducing EA to the Health Care

***Professional* - #63**

This informative pamphlet will help healthcare providers know who might be helped by EA.

***The Common Thread: Mistaking Emotion for Reality* - #21**

A member's take on what the root issue is - the confusion over what we think and what is real.

Cards

***The Twelve Promises* - #41**

4 x 5 reminder card containing the hope our new way of life offers.

***I Have a Choice* - #5**

4 x 5 folded card with the Steps, Just for Today's, and Serenity Prayer.

***Share "Your" Meeting Card* - #19**

These business card-size resources are available to share meeting information with others. Write your local group meeting time, date, place and address on the back. Packs of 10.

Pamphlets on Individual Emotions:

***Living with Emotions Series* - #60**

Includes 17 pamphlets:

Control, Loneliness, Self-Esteem, Resentments, Fear, Anger, Indecision, Perfectionism, Suicide, Forgiveness, Love, Depression, Grief, Shame, Anxiety, Patience, and Serenity

Or the pamphlets are available individually:

#40 Control

#42 Loneliness

#45 Self-Esteem

#46 Resentments

#47 Fear

#48 Anger

#49 Indecision

#50 Perfectionism

#51 Forgiveness

#52 Suicide

#53 Love

#54 Depression

#55 Grief

#56 Shame

#57 Anxiety

#58 Patience

#59 Serenity

Wire Literature Display Rack

17"W x 16" H x 10½ D. 16 spaces for pamphlets. Folds flat for easy storage.

Recovery Recognition Cards

Laminated cards to celebrate a member's participation in EA. Each has three of the Promises on the back. Keep these available at your meetings to recognize the progress of your members!

30-day Card - #70

6 month Card - #72

60-day Card - #70A

One year Card - #73

90-day Card - #71

***Pocket Prayer Cards* - #20**

Business-card sized cards with the Step 3 and Step 7 prayers on either side.

Have you signed up to receive the monthly newsletter, The Connection, in your email? Downloaded the EA app on iTunes? Checked out the online discussion, The Loop? Contact us for more information!

Live and let live.

Meeting Resources

Meeting Poster/Flyer - #36

An easy way to tell others about your meeting. Contains information about EA and leaves space for you to write in your group's time, date, and location.

Group Starter Kit - #44

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

Guide for New and Existing EA Groups - #13

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

A Key to Successful Groups - #11

A discussion of what makes meetings successful.

EA Meeting Sign (Laminated) - #3

Helps everyone find the meeting place.

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.

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 meeting on a 8.5x11 laminated card. This card is all you need to lead a meeting!

Meeting Table Card - #16

Reminds members of the need for confidentiality.

Weekly Meeting Minder - #9

Helps track group finances & activities.

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.

Guides for EA in the Community

Local, Area & Regional EA Events - #32

An easy to follow guide to holding EA events.

Forming a Local Intergroup Association - #38

Suggestions on forming a local intergroup and how they work to meet EA members' needs.

Speaker's Guide - #39

Suggestions for carrying the EA message.

News Release - #22

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

Participating in Health Fairs & Other Events - #64

Great information on how to carry the message to health fairs and other community gatherings.

Community Outreach Packet - #17

Sample letters and posters that can be sent to professionals or distributed in the community .

Forming and Conducting National Intergroups - #68

A national intergroup is formed to coordinate and support multiple groups within a country.

Recursos en Español

Más materiales se están traduciendo al español. Como a EA con estas traducciones, por favor correo electrónico director@emotionsanonymous.org.

El Folleto Amarillo - #1SP

Programa de 12 Pasos de EA

Emotivos Anónimos (el libro)

Nuestra versión completa de la cubierta suave de los anónimos de las emociones del libro en español. Tamaño 8.5 x 11, 184 páginas.

Funciona Si Tú Lo Trabajas

Nuestra versión completa de la cubierta suave del libro "Que obras si usted trabajo It" en español. Tamaño 8.5 x 11, 126 páginas.

Emonciones Anonimos

La serie de folletos #45-58

Programe La Literatura

Información básica de la EA (12 pasos, tradiciones, promesas, conceptos) y los folletos # 2, 7, 8, 13, 14, 15, 23, 26, 27, 28, 31, 63, 66.

First things first.

CDs

Today

EA's meditation book, *Today*, on 10 CDs.

10 Years of Convention Highlights

This is a special set of 3 CDs that offer meaningful and inspirational shares from 10 Annual Conventions, 1987-1997.

Original EA Book Stories

The 31 personal stories from the original EA book published in 1972. It may have been years ago, but the stories remain the same: sharing the hope and recovery of Emotions Anonymous. 6 CDs.

The EA Book on CD

The EA book on 12 CDs.

Intro to EA

A basic understanding of EA on 1 CD.

Other Items of Interest

EA Medallion & Holder

Recovery should be celebrated. Our graceful EA chip makes a thoughtful gift. The holder is suitable for chains.



8" EA Bear

Baby blue w/ logo



Anniversary Pins

Years 1-40 in Roman Numerals
Include year(s) requested on order form.



25 Years of the EA Message

Stories of recovery from the early days of EA.

Serenity Bookmark (#18 & #33)

Laminated bookmark with winter scene and Serenity prayer. (#18)
Card stock bookmark with water background and Serenity Prayer (#33)

Information on EA as a Whole & the International Service Center

Public Information Meeting Guide - #30

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

EA's Annual Report - #43

Annual report to the membership of the activities of the ISC.

Bylaws of Emotions Anonymous - #24

Administrative Concepts - #67

A guide to the administrative arm of Emotions Anonymous.

Supporting Your Support System - #66

Learn what your individual and group contributions support.

Literature Available on the Website for Free

Meeting Flyer/Poster - #36

An easy way to tell others about your meeting. Contains information about EA and leaves space for you to write in your group's time, date & location.

What is EA? - #69

Great way to introduce the program to a friend or for newcomers to your meetings.

EA's Annual Report - #43

Report to the membership of the activities of the ISC.

Newcomer Orientation - #27

Learn more about the program as a whole.

Bylaws of Emotions Anonymous - #24

New Group Information Packet - #35

Full of information on how to start a new group!

Welcome to a New Way of Life - #28

Information on what EA is - and is not.

Help for a Better Life - #31

Q & A format with basic answers to common questions.

How Our Meetings Work - #37

A good topic to review from time to time.

Introducing EA to the Healthcare Provider- #63

A great way to introduce your healthcare provider to EA.

**Shipping & Handling charges still apply*