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| ***Note: the “Stops” (the places where we break the readings) are given at the end of this document.***  |
| **The East Asian Morning Online Group of Alcoholics Anonymous** |
| **Meeting** | **Reading** | **Time on Tape** |
|  | Big Book Preface and FW 1 & 2 | 18:44 |
|  | Forewords 3 & 4, Doctor’s Opinion | 19:19 |
|  | BB Chapter 1: Bill’s Story (1st half) | About 16:31 |
|  | BB Chapter 1: Bill’s Story (2nd half) | About 16:31 |
|  | BB Chapter 2: There Is A Solution (1st half) | About 12:51 |
|  | BB Chapter 2: There Is A Solution (2nd half) | About 12:51 |
|  | BB Chapter 3: More About Alcoholism (1st half) | About 14:23 |
|  | BB Chapter 3: More About Alcoholism (2nd half) | About 14:23 |
|  | BB Chapter 4: We Agnostics (1st half) | About 13:43 |
|  | BB Chapter 4: We Agnostics (2nd half) | About 13:43 |
|  | BB Chapter 5: How It Works (1st half) | About 14:06 |
|  | BB Chapter 5: How It Works (2nd half) | About 14:06 |
|  | BB Chapter 6: Into Action (1st half) | About 17:23 |
|  | BB Chapter 6: Into Action (2nd half) | About 17:23 |
|  | BB Chapter 7: Working With Others (1st half) | About 15:16 |
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|  | BB Chapter 8: To Wives (1st half) | About 17:56 |
|  | BB Chapter 8: To Wives (2nd half) | About 17:56 |
|  | BB Chapter 9: The Family Afterward (1st half) | About 14:21 |
|  | BB Chapter 9: The Family Afterward (2nd half) | About 14:21 |
|  | BB Chapter 10: To Employers (1st half) | About 13:58 |
|  | BB Chapter 10: To Employers (2nd half) | About 13:58 |
|  | BB Chapter 11: A Vision For You (1st half) | About 14:37 |
|  | BB Chapter 11: A Vision For You (2nd half) | About 14:37 |
|  | Appendix I (AA Traditions) and Appendix II (Spiritual Experience) | 14:35 |
|  | Appendices III-VII | 19:19 |
|  | Stories I: Pioneers of AA: Dr. Bob’s Nightmare | 21:17 |
|  | [(1) Alcoholics Anonymous Number Three](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 21:35 |
|  | [(2) Gratitude in Action](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 13:04 |
|  | [(3) Women Suffer Too](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 17:08 |
|  | [(4) Our Southern Friend](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 22:27 |
|  | [(5) The Vicious Cycle](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 24:32 |
|  | [(6) Jim's Story](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 26:51 |
|  | [(7) The Man Who Mastered Fear](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 23:03 |
|  | [(8) He Sold Himself Short](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 18:54 |
|  | [(9) The Keys of the Kingdom](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 18:00 |
|  | Big Book Preface and FW 1 & 2 | 18:44 |
|  | Forewords 3 & 4, Doctor’s Opinion | 19:19 |
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|  | BB Chapter 10: To Employers (1st half) | About 13:58 |
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|  | BB Chapter 11: A Vision For You (1st half) | About 14:37 |
|  | BB Chapter 11: A Vision For You (2nd half) | About 14:37 |
|  | Appendix I (AA Traditions) and Appendix II (Spiritual Experience) | 14:35 |
|  | Appendices III-VII | 19:19 |
|  | Stories II: They Stopped In Time: [(1) The Missing Link](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 15:33 |
|  | [(2) Fear of Fear](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 11:24 |
|  | [(3) The Housewife Who Drank at Home](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 11:34 |
|  | [(4) Physician, Heal Thyself](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 15:18 |
|  | [(5) My Chance to Live](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 19:24 |
|  | [(6) Student Of Life](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 17:51 |
|  | [(7) Crossing the River of Denial](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 20:28 |
|  | [(8) Because I'm an Alcoholic](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 19:21 |
|  | [(9) It Might Have Been Worse](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 20:09 |
|  | [(10) Tightrope](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 18:13 |
|  | [(11) Flooded With Feeling](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 11:34 |
|  | [(12) Winner Takes All](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 13:32 |
|  | [(13) Me an Alcoholic?](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 12:07 |
|  | [(14) The Perpetual Quest](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 19:24 |
|  | [(15) A Drunk, Like You](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 16:57 |
|  | [(16) Acceptance Was the Answer](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 26:58 |
|  | [(17) Window of Opportunity](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 9:34 |
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|  | Stories III: They Lost Nearly All: [(1) My Bottle, My Resentments, and Me](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 16:03 |
|  | [(2) He Lived Only to Drink](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 12:38 |
|  | [(3) Safe Haven](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 11:34 |
|  | [(4) Listening to the Wind](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 21:28 |
|  | [(5) Twice Gifted](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 11:32 |
|  | [(6) Building a New Life](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 18:40 |
|  | [(7) On the Move](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 14:27 |
|  | [(8) A Vision of Recovery](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 13:49 |
|  | [(9) Gutter Bravado](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 19:19 |
|  | [(10) Empty on the Inside](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 18:54 |
|  | [(11) Grounded](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 17:11 |
|  | [(12) Another Chance](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 7:30 |
|  | [(13) A Late Start](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 18:39 |
|  | [(14) Freedom From Bondage](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 17:29 |
|  | [(15) A.A. Taught Him to Handle Sobriety](https://www.aa.org/pages/en_US/alcoholics-anonymous-audio-version) | 14:15 |
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|  | Appendix I (AA Traditions) and Appendix II (Spiritual Experience) | 14:35 |
|  | Appendices III-VII | 19:19 |
|  | 12 Steps and 12 Traditions: Intro, Foreword, Step 1 | 16:39 |
|  | Step 2 | 19:21 |
|  | Step 3 | 15:15 |
|  | Step 4 | 26:34 |
|  | Step 5 | 15:18 |
|  | Step 6 | 13:38 |
|  | Step 7 | 13:30 |
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|  | Step 12 (1st half) | About 18:45 |
|  | Step 12 (2nd half) | About 18:45 |
|  | Big Book Preface and FW 1 & 2 | 18:44 |
|  | Forewords 3 & 4, Doctor’s Opinion | 19:19 |
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|  | 12 Steps & 12 Traditions: Tradition 1 | 5:26 |
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|  | Tradition 9 | 7:19 |
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|  | Tradition 12 | 7:42 |

***“Stops” follow on next page!***

**0730 MWF East Asia Meeting** **Audio Breaks**

For Alcoholics Anonymous: First Eleven Chapters

(Hit Pause *before* playing these passages; resume *at* them next time.)

Bill’s Story--

 Break on P. 8 at “Near the end of that…”

There is a Solution--

Break on P. 23 at “Once in a while he…”

More About Alcoholism--

 Break on P. 37 at “You may think this…”

We Agnostics--

 Break on P. 50 at “Here are thousands of men... “

How it Works--

 Break on P. 64 at “Resentment is the…”

Into Action--

 Break on P. 80 at “This brings to mind…”

Working With Others--

 Break on P. 96 at “Suppose now you are making…”

To Wives--

 Break on P. 112 at “If this kind of approach…”

The Family Afterward--

 Break on P. 128 at “He is not so unbalanced…”

To Employers--

 Break on P. 142 at “After satisfying yourself that…”

A Vision for You--

 Break on P. 157 at “The two friends spoke…”

**12 & 12, Step 12**

Break on P. 116 at “When we developed still more…”