

# Using this Book

*164 and More* was created for men and women interested in the Alcoholics Anonymous program of recovery. Often from their very first A.A. meeting, they remember and repeat short “catch phrases” from the A.A. literature. For example,

- acceptance is the answer
- liquor was but a symptom
- pain was the touchstone of all spiritual progress
- pause when agitated or doubtful
- sense of ease and comfort
- spiritual axiom that every time we are disturbed...
- sunlight of the spirit
- we are without defense against the first drink

While catch phrases are popular and easy to remember, the incredible richness of the A.A. literature offers so much more. A thorough reading of the paragraphs surrounding the catch phrase usually reveals a message which cannot possibly be captured in a few words. The book *164 and More* will help you find passages within the A.A. literature.

*164 and More* is organized alphabetically by keyword. Look up any word and you'll see a series of passages containing that word. A reference next to the passage provides the correct page in the A.A. literature. Whether you attend Big Book or Step studies, read the literature at home, or read and discuss chapters with your sponsor, you'll find the passage you seek, quickly and accurately.

Students of document research techniques will recognize this book as both a concordance and a keyword-in-context list. But *164 and More* is only a tool for studying the A.A. literature. You will need a copy of *Alcoholics Anonymous* (the Big Book), and the *Twelve Steps and Twelve Traditions*. These two books contain the roadmap to recovery that millions have used successfully, one day at a time.

## Using this Book

### A.A. Literature covered by 164 and More

This book includes passages from the following A.A. General Service Conference-approved literature:

#### *Alcoholics Anonymous* (Big Book), Fourth Edition

- Preface to the Fourth Edition (pp. xi-xii)
- Foreword to the First Edition (pp. xiii-xiv)
- Foreword to the Second Edition (pp. xv-xxi)
- Foreword to the Third Edition (p. xxii)
- Foreword to the Fourth Edition (pp. xxiii-xxiv)
- The Doctor's Opinion (pp. xxv-xxxii)
- Chapters 1-11 (pp. 1-164)
- Acceptance (p. 417)
- Appendices (pp. 561-575)

#### *Twelve Steps and Twelve Traditions*

- Foreword (pp. 15-18)
- Steps 1-12 (pp. 21-125)
- Traditions 1-12 (pp. 129-187)
- Traditions, Long Form (pp. 189-192)

#### *A.A. Grapevine*

- A.A. Preamble

Passages from the Big Book *Alcoholics Anonymous*, the *Twelve Steps and Twelve Traditions*, and the *A.A. Grapevine*, are reprinted with permission of A.A. World Services, Inc.

**Overview**

*164 and More* is arranged alphabetically by significant words called “keywords.” For example,

|   |  |
|---|--|
| which demands rigorous HONESTY.                             | BB p.58, How It Works                    |
| but thoroughness and HONESTY.                               | BB p.65, How It Works                    |
| know, demands rigorous HONESTY.                             | BB p.145, To Employers                   |
| and therefore more HONESTY about ourselves are the          | 12&12 p.58, Step Five                    |
| to straight thinking, solid HONESTY, and genuine humility.  | 12&12 p.59, Step Five                    |
| plus enough willingness, HONESTY and humility to establish  | BB p.13, Bill's Story                    |
| With a proper display of HONESTY and morality, we'd stand a | 12&12 p.72, Step Seven                   |
| Willingness, HONESTY and open mindedness are                | BB p.568(570), II - Spiritual Experience |
| example, that we lacked HONESTY and tolerance, that we      | 12&12 p.58, Step Five                    |
| with our conflicts, and in HONESTY confide these to God and | 12&12 p.108, Step Twelve                 |
| he extolled the virtue of HONESTY; he recalled the joys of  | 12&12 p.143, Tradition Three             |
| fearlessness and HONESTY, in the sense we find it           | BB p.73, Into Action                     |

The publication, page number, and chapter are shown for each passage. “BB” indicates the Big Book *Alcoholics Anonymous* and “12&12” is shorthand for the *Twelve Steps and Twelve Traditions*.

**Page Number Differences in the Big Book**

Page numbers in the Big Book *Alcoholics Anonymous* are generally consistent between the Third and Fourth Editions. However, differences do occur in “The Doctor’s Opinion” and the Appendices. If the page number is different between editions, *164 and More* lists the Fourth Edition page number first. The Third Edition page then follows within parenthesis. For example,

| <u>4th Edition</u>                                       | <u>3rd Edition</u>                  |
|--|-------------------------------------|
| he conceded, was ABSOLUTELY necessary, but the           | BB p.155, A Vision For You          |
| to stop drinking is of ABSOLUTELY no avail.              | BB p.24, There Is A Solution        |
| Nothing, ABSOLUTELY nothing happens in                   | BB p.417(449), Acceptance           |
| You may rely ABSOLUTELY on anything they say             | BB xxvi(xxiv), The Doctor's Opinion |
| all, we should try to be ABSOLUTELY sure that we are not | 12&12 p.87, Step Nine               |
| an exception, will be ABSOLUTELY unable to stop drinking | BB p.39, More About Alcoholism      |

References to the Big Book pages 1-164 are accurate for most editions including the Third Edition, Fourth Edition, hard and soft covers, large print, and pocket-size editions. In pocket-size Big Books; however, page numbers for “The Doctor’s Opinion” and the Appendices are different from other editions. If you use a pocket-size Big Book, keep in mind that page numbers quoted for “The Doctor’s Opinion” and the Appendices won’t be accurate for your pocket edition.

References to the *Twelve Steps and Twelve Traditions* (12&12) are accurate for hard and soft covers, large print, and pocket-size editions.

## Using this Book

### Keywords, Passages, and Common Words

*164 and More* arranges the A.A. literature into passages alphabetized by keyword. You only need a word or two to quickly find the passage you seek. Each passage includes a few words before and after the keyword. This small amount of context is helpful, particularly for keywords which occur often in the literature.

Let's consider Step One as an illustration. If every word in Step One was used as a keyword, there would be 13 passages scattered throughout the alphabetized list...

We admitted we were powerless over alcohol –  
that our lives had become unmanageable.

|  |
|--|
| We ADMITTED we were powerless over<br>were powerless over ALCOHOL – that our lives had<br>– that our lives had BECOME unmanageable.<br>– that our lives HAD become unmanageable.<br>over alcohol – that our LIVES had become unmanageable.<br>over alcohol – that OUR lives had become<br>we were powerless OVER alcohol – that our lives had<br>We admitted we were POWERLESS over alcohol – that our<br>over alcohol – THAT our lives had become<br>that our lives had become UNMANAGEABLE.<br>WE admitted we were powerless<br>We admitted WE were powerless over alcohol<br>We admitted we WERE powerless over alcohol – |
|--|

If all words in the A.A. literature were used as keywords, this book would be substantially larger. Hence, passages beginning with *common words* are dropped.

Common words include pronouns, adjectives, and articles ... words like I, WE, OF and THE. Single-letter words such as A, B, C, 1, 2, 3 are designated as common words. Finally, words which occur often in the literature are considered common words. While they may be significant, they are arguably not helpful when searching for a passage. For example, the word ALCOHOLIC occurs hundreds of times.

Eliminating common words reduces Step One to ...

We admitted we were powerless over alcohol –  
that our lives had become unmanageable.

|   |
|---|
| We ADMITTED we were powerless over<br>– that our lives had BECOME unmanageable.<br>over alcohol – that our LIVES had become unmanageable.<br>We admitted we were POWERLESS over alcohol – that our<br>that our lives had become UNMANAGEABLE. |
|---|

**How Common Words are listed**

Passages containing common words are not shown in this book. Instead, the legend “Common word” appears along with the number of passages containing that common word.

|   |                                |
|---|--------------------------------|
| Whether in ALASKA or on the Salerno                 | 12&12 p.38, Step Three         |
| ALATEEN, for teen-aged children of                  | BB p.121, To Wives (Note)      |
| ALCOHOL   | Common word (87 passages)      |
| ALCOHOLIC   | Common word (260 passages)     |
| ALCOHOLICS  | Common word (312 passages)     |
| ALCOHOLISM  | Common word (93 passages)      |
| with a dozen glasses of ALE.                        | BB p.6, Bill's Story           |
| the cocktails were ginger ALE.                      | BB p.41, More About Alcoholism |
| a table, a bottle of ginger ALE before him?         | BB p.154, A Vision For You     |
| though he was brilliant, ALERT, and one of the best | BB p.137, To Employers         |

**Search Tips**

1. The A.A. literature listed on page 2 is indexed in this book. Every word in the literature appears in alphabetical order. If you cannot find a word, it simply means that word does not occur in the literature. For example, the word SURRENDER does not occur in the Big Book (pp. 1-164) or the 12&12. If you look for SURRENDER in *164 and More*, you will not find it.
2. When searching, consider other words with the same meaning. For example, DISEASE occurs once in the Big Book (pp. 1-164) and once in the 12&12. Alternatively, MALADY is defined by Merriam-Webster as “a disease or disorder of body or mind.” MALADY occurs 10 times in the literature. Also, you could check ILLNESS and SICKNESS.
3. If you cannot find the word you are seeking, try another word in the passage. For example, the passage about “King Alcohol” is not shown in the A’s since there are no listings for the common word ALCOHOL. If you look for KING, you will find the passage.

|   |   |
|---|---|
| we became subjects of KING Alcohol, shivering denizens of reality which is God's KINGDOM.                     | BB p.151, A Vision For You<br>12&12 p.98, Step Eleven     |
| new therapy based on the KINSHIP of common suffering; one was the beginning of true KINSHIP with man and God. | BB p.571(573), IV – Lasker Award<br>12&12 p.57, Step Five |