

User Guide

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164 and More™

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Recovery Press LLC

P.O. Box 31005

Albuquerque, NM 87190-1005

U.S.A.

website: **164andMore.com**

email: **RecoveryPress@msn.com**

Contents

Getting Started	
Introduction	2
Indexed Literature	4
How to Navigate	5
Pages and Passages	
Page Cites	6
Big Book Pages	7
12&12 Pages	9
Searching	
How to Search	10
Using Find-a-Word	11
Using Built-in Search	12
Searching for Phrases	14
Links to Other Passages	15
Common Words	16
Viewing Chapters	
View Big Book and 12&12 Chapters	17
Your Device	
Use with all Your Devices	19
Apple phones and tablets	20
Android phones and tablets	21
Kindle Fire tablets	23
Kindle E-ink readers	25
PC and Mac computers	26
User Guide Booklet	
Downloading this User Guide	27
Comments and Suggestions	27

Introduction

164 and More™ is a concordance to the books *Alcoholics Anonymous* (Big Book) and the *Twelve Steps and Twelve Traditions* (12&12). It helps you locate passages within these two principal books used in the A.A. program of recovery.

Often from their very first A.A. meeting, people 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
- 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
- we pause when agitated or doubtful

While catch-phrases are popular and easy to remember, the incredible richness of the A.A. literature offers more. A thorough reading of the paragraphs surrounding the catch-phrase usually reveals a message that cannot possibly be captured in a few words. After finding the passage you want, your smartphone or tablet can display the complete chapter from the Big Book or 12&12.

164 and More is organized alphabetically by keyword. Look up any word and find a series of passages containing that word. The chapter name and page number in the Big Book or 12&12 is provided. Whether you attend Big Book or Step meetings, read the literature at home, or study chapters with your sponsor, you'll find the passage quickly and accurately.

164 and More is 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 millions have used successfully.

Sample Passage List

Abandon

5 passages [3 in BB ... 2 in 12&12]

1. **abandon.**

[\(view\)](#) BB *How It Works*, p.59

We asked His protection and care with complete **abandon**.

2. **abandon limited objectives and**

[\(view\)](#) 12&12 *Contents (Step Six)*, p.7

Point at which we **abandon** limited objectives and move toward God's will for us.

3. **abandon limited objectives, and**

[\(view\)](#) 12&12 *Step Six*, p.69

This is the exact point at which we **abandon** limited objectives, and move toward God's will for us.

4. **abandon ourselves utterly to**

[\(view\)](#) BB *How It Works*, p.63

We thought well before taking this step making sure we were ready; that we could at last **abandon** ourselves utterly to Him.

5. **Abandon yourself to God as you**

[\(view\)](#) BB *A Vision For You*, p.164

Abandon yourself to God as you understand God.

Searching for “abandon” brings up this list of matching passages. The display adjusts to your screen size, and the font size you select. Tapping an underlined word brings up the passage list for that word. Tapping “(view)” displays the Big Book or 12&12 chapter containing that passage.

Indexed Literature

164 and More covers the following A.A. literature ...

Alcoholics Anonymous, Fourth Edition

- Preface (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)
- Doctor Bob's Nightmare (pp. 171-181)
- Acceptance (p. 417)
- Appendices (pp. 561-575)

Twelve Steps and Twelve Traditions

- Contents (pp. 5-13)
- Introduction (p. 14)
- 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. See Permission Statement.

How to Navigate

Most screens have four navigation links near the top.



A tap will move backward or forward, display the Help Menu, or Find passages.

The Next (>>) and Previous (<<) links are based on where you are in *164 and More*. Tap either link to retrieve the Next or Previous ...

- TOPIC while reading this User Guide,
- LETTER of the alphabet while Finding passages,
- WORD while browsing passage lists.

Passages are alphabetized for ease of reference. For example, if you are looking at passages containing SACRIFICE, tap Next (>>) to browse SACRIFICED, then SACRIFICES, SACRIFICIAL, and SACRIFICING.

Page Cites

164 and More provides a page cite for every passage containing your search word. A "passage" is usually a single sentence. But it could contain more if important to the meaning.

Use the page cite to find the passage in the Big Book or 12&12. Here is an example from *Bill's Story* ...

2	ALCOHOLICS ANONYMOUS
I took a night law course, and obtained employment as investigator for a surety company. The drive for	
•	
•	
•	
We gave up our positions and off we roared on a motorcycle, the sidecar stuffed with tent, blankets, a change of clothes, and three huge volumes of a finan-	

BILL'S STORY	3
cial reference service. Our friends thought a lunacy commission should be appointed. Perhaps they were	
•	
•	
•	

The sentence "We gave up..." crosses page boundaries. Most of the words in the sentence are on page 2. FINANCIAL is cited on page 2 because it starts there. REFERENCE and SERVICE are cited on page 3.

When one page is cited ("p.__"), the passage begins and the search word appears on that page.

When two pages are cited ("pp.__"), the passage begins on the first page with the search word on the second page.

Cites from example above

SIDECAR	p.2
FINANCIAL	p.2
REFERENCE	pp.2-3
SERVICE	pp.2-3

Big Book Pages

Alcoholics Anonymous (Big Book)

Page cites in *164 and More* are accurate for hardcover, portable softcover, and large-print versions of the Fourth Edition. If you use an abridged pocket version of the Big Book, or even the Third Edition, there are a few areas where the *164 and More* page cite will not match your book. But you can make a plus or minus adjustment to that page cite to find the correct page in your book.

For passages in these areas of the 4 th Edition Big Book ...		Adjust the page cite (plus/minus) if your Big Book is ...	
Passage cited in the ...	4 th Edition Pages	Pocket 4 th Edition	3 rd Edition
Preface and Forewords	xi-xxiv	minus 4	OK as cited
The Doctor's Opinion	xxv-xxxii	minus 4	minus 2
Doctor Bob's Nightmare	171-181	minus 6	OK as cited
Appendices	561-575	minus 384	plus 2

Pocket Big Books

The abridged versions of the Fourth Edition (regular and large-print) are commonly known as "Pocket Big Books." They contain the Preface, Forewords, The Doctor's Opinion, text of pages 1-164, Doctor Bob's Nightmare, and the Appendices. There are three areas where page cites in *164 and More* do not match pocket editions.

- **Preface, Forewords, The Doctor's Opinion**

Subtract 4 from the *164 and More* page cite to get the correct page in pocket editions. For example, the passage "sense of ease and comfort" is cited on page xxix. But in pocket editions, it is on page xxv, a difference of 4 pages.

- **Doctor Bob's Nightmare**

Subtract 6 from the *164 and More* page cite to get the correct page in pocket editions.

Big Book Pages, continued

- **Appendices**

Often, just knowing which Appendix is enough to quickly find the passage. Or, **subtract 384** from the *164 and More* page cite to get the correct page in pocket editions.

Third Edition Big Book

For the most part, *164 and More* page cites agree with hardcover, portable softcover, and large-print versions of the Third Edition. There are two areas where page cites do not match the Third Edition.

- **The Doctor's Opinion**

Subtract 2 from the *164 and More* page cite to get the correct page in the Third Edition. For example, the passage "sense of ease and comfort" is cited on page xxix. But in the Third Edition it is on page xxvii, a difference of 2 pages.

- **Appendices**

Add 2 to the *164 and More* page cite to get the correct page in the Third Edition. Keep in mind that Appendix VII (Concepts) did not exist in the Third Edition.

12&12 Pages

There is only one edition of the 12&12; the first printing was in April 1953. Although Bill W.'s essays have never changed, footnotes are updated periodically.

Page cites in *164 and More* follow the 81st printing of the hardcover 12&12 (July 2016). Softcover, large print, and pocket versions have the same page numbers as the hardcover 12&12. However, when sentences break between pages, typesetting differences may cause a few words in your 12&12 to be on another page compared to the hardcover 81st printing. If you can't find your search word on the cited page, check the bottom of the prior page, or the top of the next page.

How to Search

Searching the literature covered by *164 and More* is the main reason you are using this app. There are two search methods; try both to see what works best for you.

- **Find-a-Word** prompts you to tap the first and second letter of the word you want. A list of matching words appears. Tap a word and passages containing that word are displayed.
 - **Built-in Search** lets you type your search word. It is not part of *164 and More*; it comes with your smartphone, tablet, or Kindle eBook reader. Built-in Search works differently depending on your device; see “Using Built-in Search” below.
-

Using Find-a-Word

The Find-a-Word option is part of the *164 and More* app; it works consistently on all Kindle models as well as phones, tablets, and computers. Tap “Find” at the top of most screens. Then tap the first and second letter of the word you want. From the list of matches, select a word to display its passages.

Find-a-Word is most effective with a touch screen. If you use *164 and More* on a computer, a mouse click is the same as tapping.

Try the Find-a-Word option just described as well as the Built-in Search. Use the one that works best for you.

* * * * *

Tip: With Find-a-Word, you select the first two letters of your search word (“letter-pair”). Then, you locate your word in an alphabetized list of words each beginning with that letter-pair. If your search word is toward the bottom of the alphabetized list, it may be faster to choose the **next** letter-pair and scroll **backward** to your search word.

Consider two different searches ... one for REACH, the other for REWARD. On the Find-a-Word screen, start by tapping the letter “R” to display the available letter-pairs (Ra, Re, Rh, Ri, Ro, Ru). For REACH, tap the “Re” letter-pair; REACH is near the top of the RE list. If searching for REWARD, several screens must be scrolled since REWARD is near the bottom of the alphabetized RE words. Instead of selecting “Re,” tap the **next** letter-pair (“Rh”). This takes you to the word RHYTHM. Move one screen **backward** to see REWARD.

If you’d rather **type** your search word than **pick** from an alphabetized list, try the Built-in Search.

Using Built-in Search

Your phone, tablet, or Kindle reader comes with a built-in search capability. If you'd rather type your search word, try the Built-in Search. The Built-in Search works differently depending on your device.

- **Apple phones and tablets.** If “actor” is typed, only passages for ACTOR are retrieved.
- **Android phones and tablets** perform a two-step search. All words in the A.A. literature covered by *164 and More* are contained in an internal index. Android first searches that index. If "actor" is typed, passages for ACTOR display immediately.

But what if the word you typed is not found in the A.A. literature? In that case, the word won't be in the internal index that Android just searched. Unlike other Kindle-compatible devices, Android starts a second search of the entire eBook line-by-line. This second search is unnecessary. If a word is not in the internal index, it is not in the A.A. literature covered by *164 and More*. The line-by-line search takes about 10 minutes but it can be stopped by tapping the Android BACK arrow. Then type another search word.

With Android devices, consider using Find-a-Word instead of typing your search word. It offers a list of words from which to choose; every word exists at least once in the A.A. literature. Choosing a known word avoids the unnecessary Android line-by-line search when a typed word is not found.

- **Kindle Fire tablets.** If “actor” is typed, only passages for ACTOR are retrieved.

For early Kindle Fire tablets, the Built-in Search is NOT recommended. A search for “actor” also retrieves unwanted matches like “benefactor” and “unsatisfactory.” Consider using Find-a-Word instead.

Using Built-in Search, continued

- **Kindle E-Ink readers.** Words beginning with what you type are displayed. If “actor” is typed, ACTOR and ACTORS appear. Select the one you want.

Try the Built-in Search just described as well as the Find-a-Word option. Use the one that works best for you.

Searching for Phrases

To find phrases in *164 and More*, start by searching for a single word near the beginning of the phrase. Search for "first" to find the phrase "first drink." Search for "sense" to locate "sense of ease and comfort." Results are arranged alphabetically by the words following the search word. This tends to keep similar phrases grouped together for ease of reference.

As an example, perhaps you want to locate the phrase "first drink." Begin by searching for "first" and you'll retrieve over 200 passages. It would be painful to read each one looking for "first drink." Fortunately passages are arranged alphabetically by the words that come after "first." You can quickly turn pages until you get to "first drink." You'll see all the "first drink" passages clustered together for easy reference.

first

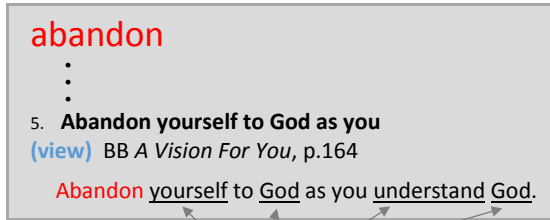
-
-
- 54. **first disrupting** experience the
BB *Foreword to Second Edition*, p.xix
- 55. **first drink.**
BB *There is A Solution*, p.24
-
-
- 69. **first drink, thereby** setting the
BB *There is A Solution*, p.23
- 70. **first drink, we** often get quite
12&12 *Step Twelve*, p.112
- 71. **first edition** appeared in April
BB *Preface*, p.xi

"first drink"

In this example, "first drink" passages are numbered #55 to #70. The alphabetical sequence is evident since "first disrupting" (#54) comes before "first drink" and "first edition" (#71) follows afterwards. Try it with one of your favorite phrases to see how it works.

Links to Other Passages

As you browse passages containing your word of interest, notice that other significant words are underlined. These are linked words; tap one to bring up its passages.



Linked words

If tapping a linked word does not appear to work, the font size may be too small to navigate with your finger. On the Kindle menu bar, use the "Aa" option to increase the font size and perhaps the space between lines. Having a larger tap target will help ensure a successful tap. Also, using a stylus will improve tapping even with a small font size.

Common Words

Passage lists are not available for Common Words such as pronouns, articles, and other short words. Try searching for another word in the passage. Here is an example of a Common Word screen.

the

This is a **common word** and its list of passages is not available. Words considered “common” are ...

- Single-character words. Examples are A, V, 2, X.
- Pronouns, articles, and other short words that don’t contribute to the meaning of the sentence. Examples are IT, THE, OF.
- Words occurring so often they are arguably not helpful when searching.

Search for another word in the passage you want to find.

View Big Book and 12&12 Chapters

When you search for a word, matching passages are identified by their chapter and page number in the Big Book or 12&12. You can turn to the indicated page in your hard copy book to read surrounding paragraphs.

Or, do the same thing by viewing the Big Book or 12&12 chapter on your smartphone, tablet, or computer. Tap “(view)” to display the full chapter; then scroll to the indicated page (p.164 in the example below).

abandon

⋮

5. Abandon yourself to God as you

(view) BB A Vision For You, p.164

Abandon yourself to God as you understand God.

Chapter 11

A VISION FOR YOU

FOR MOST normal folks, drinking means conviviality, companionship and colorful imagination. It means release from care, boredom and worry. It is joyous intimacy with friends and a feeling that life is good. But not so with us in those last days of heavy drinking. The old pleasures were gone. They were but memories. Never could we recapture the great moments of the past. There was an insistent yearning to enjoy life as we once did and a heartbreaking obsession that some new miracle of control would enable us to do it. There was always one more attempt—and one more failure.

⋮

Will this work on my device?

Viewing chapters from the A.A. literature works on Apple phones and tablets, Android phones and tablets, newer Kindle Fire tablets, PC and Mac computers. It does not work on Kindle E-ink readers nor on early Kindle Fire tablets.

View Big Book and 12&12 Chapters, continued

How to view your passage in context

When you tap the “**(view)**” link, the full Big Book chapter, 12&12 chapter, or Grapevine text is displayed. You can read from the beginning of the chapter or scroll to the page containing your passage.

When finished viewing the chapter, you may want to return to the *164 and More* passage list. There should be a BACK arrow on the screen or even the word "Done." Android devices typically have a U-turn BACK arrow on the device itself.

Internet connectivity

The internet is not needed to search for passages and display the list of matches. However, when you tap the “**(view)**” link, internet access is required to display the full text from the A.A. literature.

Where do the chapters come from?

When you tap the “**(view)**” link, a security-protected PDF file is downloaded from the A.A. website (aa.org). This is identical to using an internet browser to read the chapter directly on aa.org; it just happens automatically within *164 and More*.

Displaying online PDF files from aa.org does not in any way imply affiliation with or endorsement by either A.A.W.S. Inc. or the A.A. Grapevine Inc. See the Copyright page at the front of this booklet.

PDF reader app (for Android and Kindle Fire)

Chapters from the A.A. literature are PDF files. With Android phones and tablets, and with the Kindle Fire tablet, the best way to view PDF files is to install the free Adobe Acrobat DC app from the Google™ Play Store or the Kindle Store. The first time you view a chapter you'll get a screen asking which app to use. Select Adobe Acrobat and tap “Always.” In addition to seamlessly displaying a Big Book or 12&12 chapter, Adobe Acrobat DC has a search icon to perform text searches within that chapter.

Your Device

Use with all your devices

164 and More is compatible with a broad range of devices including phones, tablets, Kindle eBook readers, and computers. Each purchase of *164 and More* can be installed and used on SIX (6) devices. If you retire a device, deregister it on the amazon.com Kindle Store (“Manage Your Content and Devices”). That frees up one of your allowable devices making room for a new smartphone, tablet, computer, or Kindle reader.

Internet connectivity

You don’t need an internet connection to search for passages and display the list of matches. However, internet access is required if you tap a “[\(view\)](#)” link to view that chapter from the Big Book or 12&12.

Regarding your device ...

(on the following pages)

Apple phones and tablets

Android phones and tablets

Kindle Fire tablets

Kindle E-ink readers

PC and Mac computers

Apple phones and tablets

Kindle Menu Bars

Tap an open area in the middle of the screen to display or hide Kindle menu bars at the top and bottom of the screen. There is a font icon (Aa) to adjust font size, font style, and line spacing. There is a BACK arrow to return to the previous screen. In the top left corner, there is a Kindle Menu icon with three horizontal lines. Tap it to access your eBook library, the Find-a-Word screen, or the Help Menu.

Find-a-Word: Recommended.

Built-in Search: Recommended.

If you prefer to type the search word, try the Built-in Search. Tap an open area in the middle of the screen to display Kindle menu bars. On iPads, there is a Search icon. On iPhones, tap the Kindle Menu icon in the top left corner to reveal the Search icon. With Apple devices, you must type the *full* word. Once you've retrieved the list of passages for that word, use the *164 and More* Next or Previous navigation links for variations of the word (i.e. FEAR, FEARED, FEARFUL, FEARLESS, etc.).

Viewing Chapters

See “View Big Book and 12&12 Chapters” for a description of this feature. Tapping a “(view)” link displays that chapter from the Big Book or 12&12. Return to the *164 and More* passage list by tapping a small arrowhead in the top-left, or "Done" in the top-right corner of the screen.

Android phones and tablets

Kindle Menu Bars

Tap an open area in the middle of the screen to display or hide Kindle menu bars at the top and bottom of the screen. There is a font icon (Aa) to adjust font size, font style, and line spacing. In the top left corner, there is a Kindle Menu icon with three horizontal lines. Tap it to access your eBook library, the Find-a-Word screen, or the Help Menu.

BACK arrow

There is a U-turn BACK arrow below the bottom edge of the screen. Unlike other Kindle-compatible devices, Android does not support traditional BACK arrow functionality while moving around within *164 and More*. Instead of returning to the previous screen, the BACK arrow exits *164 and More* and returns to the Kindle library carousel. The BACK arrow is useful, however, when viewing a chapter from the Big Book or 12&12. When finished viewing the chapter, tap the BACK arrow to return to *164 and More*.

Find-a-Word: Recommended.

Built-in Search

If you prefer to type the search word, try the Built-in Search. Tap an open area in the middle of the screen to display Kindle menu bars. Tap the Kindle Menu icon in the top left corner, then tap Search and type the *full* word you are seeking. Once you've retrieved the list of passages for that word, use the *164 and More* Next or Previous navigation links for variations of the word (i.e. FEAR, FEARED, FEARFUL, FEARLESS, etc.).

If your search word is NOT found in the A.A. literature, refer to “Using Built-in Search.” It explains that Android will start a lengthy and unnecessary line-by-line search for words that are not in the literature. But it can be stopped by tapping the Android BACK arrow.

Android phones and tablets, continued

Viewing Chapters

See “View Big Book and 12&12 Chapters” for a description of this feature. The free Adobe Acrobat DC app is recommended to replace the default PDF viewer on your Android phone or tablet.

Tapping a “(view)” link displays that chapter from the Big Book or 12&12. Return to the *164 and More* passage list by tapping the BACK arrow at the bottom of the screen.

Kindle Fire tablets

Kindle Menu Bars

Tap an open area in the middle of the screen and Kindle top/bottom menu bars appear. There is a font icon (Aa) to adjust font size, font style, and line spacing. In the top left corner, there is a Kindle Menu icon with three horizontal lines. Tap it to access your eBook library, the Find-a-Word screen, or the Help Menu.

BACK arrow

There is a BACK arrow below the bottom Kindle menu bar. Unlike other Kindle-compatible devices, the Kindle Fire does not support traditional BACK arrow functionality while moving around within *164 and More*. Instead of returning to the previous screen, the BACK arrow exits *164 and More* and returns to the Kindle library carousel. The BACK arrow is useful, however, when viewing a chapter from the Big Book or 12&12; see “Viewing Chapters” below.

Find-a-Word: Recommended.

Built-in Search: Recommended.

If you prefer to type the search word, try the Built-in Search. Tap an open area in the middle of the screen to display Kindle menu bars. Tap the Kindle Menu icon in the top left corner, then tap Search and type the *full* word you are seeking. Once you've retrieved the list of passages for that word, use the *164 and More* Next or Previous navigation links for variations of the word (i.e. FEAR, FEARED, FEARFUL, FEARLESS, etc.).

Kindle Fire tablets, continued

Viewing Chapters

See “View Big Book and 12&12 Chapters” for a description of this feature. The free Adobe Acrobat DC app is recommended to replace the default PDF viewer on your Kindle Fire.

Tapping a “(view)” link displays that chapter from the Big Book or 12&12. Return to the *164 and More* passage list by tapping the BACK arrow below the bottom edge of the screen. If you don’t see the BACK arrow, make it appear by swiping up from the bottom of the screen, or swiping down from the top.

Early Kindle Fire models typically do not support this feature; however, give it a try and see what happens.

Kindle E-ink readers

There are two types of Kindle readers with E-ink screens:

- **Touch screens** ... All Kindle readers introduced since 2012 have touch screens. As of July 2017, these include the Kindle Touch (2011), Kindle Paperwhite (2012), Kindle 7 (2014), Kindle Voyage (2014), and Kindle Oasis (2016). Touch-screen Kindle readers have a BACK arrow icon to return to previous screens.
- **Non-touch screens** ... The original Kindle readers had physical keyboards and screens without touch capability. These readers are now called "Kindle Keyboard" models. The Kindle 4 (2011) and Kindle 5 (2012) are like the Kindle Keyboard with an on-screen keyboard instead of physical keys. There are two small buttons on either side of the 5-way controller key. The far-left small button is a BACK arrow to return to the previous screen. The 5-way key is used to select linked words, or a navigation link at the top of most screens.

Find-a-Word

Recommended for all Kindles with a touch screen. For non-touch Kindles, give it a try. Use the 5-way key to position the cursor; then press the 5-way center button to select the word at the cursor.

Built-in Search

Recommended for all Kindle E-ink readers. Depending on the model, the search entry box is at the top or bottom of the screen. Some models have a search icon which brings up the entry box. As you type, matching words are displayed. Tap the word you want.

Viewing Chapters

Current Kindle E-ink readers do not support the "(view)" option to display Big Book and 12&12 chapters.

PC and Mac computers

164 and More can be used on SIX (6) devices; try it on a desktop or laptop computer at home. You'll need to install the free Amazon Kindle Reading App from amazon.com.

If you travel with a laptop, you don't need an internet connection to search for passages and display the list of matches. However, internet access is required if you tap a **“(view)”** link to view that chapter from the Big Book or 12&12.

A mouse click will help you quickly move around in *164 and More*, or link to another word of interest. With a touch-screen computer, you can also tap navigation links or linked words.

Find-a-Word: Recommended.

Built-in Search

If you prefer to type the search word, try the Built-in Search. You must type the *full* word. Once you've retrieved the list of passages for that word, use the *164 and More* Next or Previous navigation links for variations of the word (i.e. FEAR, FEARED, FEARFUL, FEARLESS, etc.).

Viewing Chapters

See “View Big Book and 12&12 Chapters” for a description of this feature. A mouse click or screen tap on the **“(view)”** link displays that chapter from the Big Book or 12&12. The chapter should open in a new window which can be closed when finished with the chapter.

User Guide Booklet

This User Guide can be downloaded in a printable format. You can produce a 5x8-inch booklet that can be stapled or spiral bound. Retrieve the PDF file by pointing your internet browser to ...

<http://164andMore.com/164-UserGuide.pdf>

In addition to this Kindle Edition app, a *164 and More* spiral-bound paper book is available. The 660-page book can be purchased on the **164andMore.com** website.

E-mail comments and suggestions to ... **RecoveryPress@msn.com**



Notes
