



12-Step Workbook for Recovering Alcoholics, Including Powerful 4th-Step Worksheets: 2015 Revised Edition

Iam Pastal

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Seventeen years ago, Iam was on the verge of either dying or being locked up for a very long time. Instead, he became a very active member of Aa and has stayed in the middle of Aa ever since and has been sponsoring new members for over sixteen years.

He loves Aa so much that other members laugh when they hear him sing his favorite jingle: "I am stuck on Aa, 'cause Aa's stuck on me!"

Today, Iam lives in southwest Florida with his wonderful Al Anon wife and their happy seven-year-old daughter and delightful eight-month-old baby boy, Iam Junior.

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