



# **Absolutely Sober: A History, Principles and Practice of the Destruction of Self-Centeredness**

*Creating a Sober World, Inc., George McLaughlin*

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*Creating a Sober World, Inc., George McLauchlin*

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Absolutely Sober tells the story of the origins of Alcoholics Anonymous in 19th Century Evangelical Christianity. The subtitle is taken from a phrase written by AA co-founder Bill Wilson as he described the cost living a God-directed way of life in order to stay sober: Simple but not easy; a price had to be paid. It meant destruction of self-centeredness. The book recounts the historical roots of Alcoholics Anonymous in the Oxford Group of the 1920's and 30's, and Oxford Group founder, Frank Buchman's experience of the Cross during a talk he heard in a chapel at Keswick, England in 1908. The methodology of A.A. is shown to be a development of Keswick's 5-day process. The 12 traditions of AA are shown to be a rediscovery of the organizing principles of a first-century Christian church – the Church of Brotherly Love. Practical steps in the destruction of self-centeredness and helping others are contained in a third section devoted to practice.

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