

There Is A Solution
PROPOSED Big Book Study Outline
 4th Edition of Alcoholics Anonymous
 Updated April __, 2026

Week	Topic	Start reading at	End reading at
1	Preface	Top of page xi “Preface. This is...”	End of page xii “... program can work for me too.”
2	Fwd to 1 st Edition	Top of page xiii “Foreword to First...”	End of page viv “... Alcoholics Anonymous”
3	Fwd to 2 nd Edition	Top of page xv “Foreword to the Second...”	1/2 way down page xvi “... a dependence on God.”
4	Fwd to 2 nd Edition	1/2 way down page xvi “Prior to his journey...”	3/4 way down xvii “...world of the alcoholic.”
5	Fwd to 2 nd Edition	3/4 way down xvii ”It was now time...”	Near end of page xix “... that our Society has.”
6	Fwd to 2 nd Edition	End of page xix “While the internal ...”	End of page xxii “...to a new freedom.”
7	Fwd to 3 rd Edition	Top of page xxii “Forward to the Third...”	End of page xxii “...strength and hope.”
8	Fwd to 4 th Edition	Top of page xxiii “Forward to the Fourth ...”	End of page xxiv “... its power and simplicity.”
9	The Doctor’s Opinion	Top of page xxv “The Doctor’s Opinion...”	End of 1 st paragraph on xxvi “... William D Silkworth, M.D.”
10	The Doctor’s Opinion	1/3 of the way down page xxvi “The physician, who...”	Top of page xxvii “...have to offer.”
11	The Doctor’s Opinion	Top of page xxvii “The doctor writes...”	Near the end of page xxvii “... from the gates of death.”
12	The Doctor’s Opinion	Last sentence on page xxvii “Of course an alcoholic...”	Close to the end of xxviii “...now growing up among them.”
13	The Doctor’s Opinion	Last paragraph on page xxviii “Men and women drink...”	Middle of page xxix “...a few simple rules.”
14	The Doctor’s Opinion	Middle of page xxix “Men have cried out...”	Near top of xxx “...continue to fight.”
15	The Doctor’s Opinion	Near top of xxx “The classification of...”	Bottom of xxx “...alcoholics are doomed.”
16	The Doctor’s Opinion	Top of xxxi “What is the solution... “	End of page xxxii “...William D Silkworth, M.D.”
17	Bill’s Story	Top of page 1 “Chapter 1 Bill’s Story...”	End of page 1 “...the utmost assurance.”
18	Bill’s Story	Top of page 2 “I took a night law...”	3/4 of the way down page 3 “... fair-weather friends.”
19	Bill’s Story	3/4 of the way down page 3 “My drinking assumed...”	Top of page 4 “...with amused skepticism.”
20	Bill’s Story	Top of Page 4 “Abruptly in October...”	Near middle of page 5 “...renewed my wife’s hope.”

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21	Bill's Story	Near middle of page 5 "Gradually things got..."	2/3 way down page 6 "...bottles, and—oblivion."
22	Bill's Story	2/3 way down page 6 "The mind and body..."	End of page 7 "...or the asylum."
23	Bill's Story	End of page 7 "They did not need..."	Near the end of page 8 "...need it before daylight."
24	Bill's Story	Near the end of page 8 "My musing was..."	Top of page 10 ",,,for I was hopeless."
25	Bill's Story	Top of page 10 "He talked for hours..."	Top of page 11 "...the rest I disregarded."
26	Bill's Story	Top of page 11 "The wars which had..."	Middle of page 12 "...felt the same way."
27	Bill's Story	Middle of page 12 "My friend suggested..."	Middle of page 13 "...not had a drink since."
28	Bill's Story	Middle of page 13 "My schoolmate visited..."	Middle of page 14 "...sudden and profound."
29	Bill's Story	Middle of page 14 "For a moment I was..."	Top of page 15 "...it is just like that."
30	Bill's Story	Top of page 15 "My wife and I abandoned..."	2/3 of the way down page 16 "...January 24, 1971."
31	There Is A Solution	Top of page 17 "Chapter 2 There Is A..."	Near the end of page 20 "...different from ours."
32	There Is A Solution	Top of Page 18 "An illness of this sort..."	Top of Page 19 "...beds and walk again."
33	There Is A Solution	Top of Page 19 "None of us makes..."	Near the end of Page 20 "...very different from ours."
34	There Is A Solution	Near the end of Page 20 "Moderate drinkers have..."	3/4 of the way down page 23 "... down for the count."
35	There Is A Solution	3/4 of the way down page 23 "How true this is, few..."	1/3 of the way down Page 24 "... <i>defense against the first drink.</i> "
36	There Is A Solution	1/3 of the way down Page 24 "The almost certain..." NOTE: Do not read Appendix II at this time—we will read later.	Top of Page 26 "... to make the effort."
37	There Is A Solution	Top of Page 26 "A certain American..."	Top of Page 27 "...certain simple attitude."
38	There Is A Solution	Top of Page 27 "Some of our alcoholic..." NOTE: Do not read Appendix II at this time—we will read it later.	End of Page 27 "...vital spiritual experience."

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39	There Is A Solution	Top of Page 567 Appendix II “Appendix II Spiritual...”	Bottom of Page 568 “...Herbert Spencer.”
40	There Is A Solution	Top of Page 28 “Here was the terrible...”	Middle of page 29 “...must have this thing.”
41	More About Alcoholism	Top of Page 30 “Chapter 3 – More About...”	End of first paragraph on page 31 “...hasn’t done so yet.”
42	More About Alcoholism	First paragraph on page 31 “Despite all we can say...”	Middle of page 33 “... immune to alcohol.”
43	More About Alcoholism	Middle of page 33 “Young people may be...”	Top of page 35 “...crux of the problem.”
44	More About Alcoholism	Top of page 35 “What sort of thinking...”	Middle of page 37 “...could it have happened.”
45	More About Alcoholism	Middle of page 37 “In some circumstances...”	Middle of page 39 “.. take another illustration.”
46	More About Alcoholism	Middle of page 39 “Fred is a partner...”	3/4 of the way down page 41 “...and physical suffering.”
47	More About Alcoholism	3/4 of the way down page 41 “As soon as I regained...”	Top of page 43 “...back to it even if I could.”
48	More About Alcoholism	First paragraph on page 43 “Fred’s story speaks...”	End of page 43 “.....from a Higher Power.”
49	We Agnostics	Top of page 44 “Chapter 4 We Agnostics...”	1/4 of the way down page 45 “...they failed utterly.”
50	We Agnostics	1/4 of the way down page 45 “Lack of power, that...”	End of page 46 “...we believe, to all men.”
51	We Agnostics	Top of page 47 “When, therefore, we ...”	Near end of page 47 “...commence at a simpler level.”
52	We Agnostics	Top of page 567 “Il Spiritual Experience...”	Middle of page 568 “... -- Herbert Spencer
53	We Agnostics	Near end of page 47 “Besides a seeming...”	2/3 of the way down page 49 “... vain of us, wasn’t it?”
54	We Agnostics	2/3 of the way down page 49 “We, who have traveled...”	Middle of page 50 “... to settle for himself.”
55	We Agnostics	Middle of page 50 “On one proposition...”	1/4 of the way down page 51 “...one should have faith.”
56	We Agnostics	1/4 of the way down page 51 “This world of ours has...”	3/4 of the way down page 52 “.. Of course it was.”
57	We Agnostics	3/4 of the way down page 52 “When we say others...”	Top of page 53 “...Wrights would never fly.”
58	We Agnostics	Top of page 53 “Logic is great stuff. ...”	2/3 of the way down page 54 “...by faith or little else.”

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59	We Agnostics	2/3 of the way down page 54 “Imagine life without...”	Near the end of page 55 “...sure to come to you.”
60	We Agnostics	Near the end of page 55 “In this book you will ...”	Half way down page 57 “... He disclosed Himself to us.”
61	How It Works	Top of page 58 “Chapter 5 How it Works...”	Middle of page 60 “... would if He were sought.”
62	How It Works	Middle of page 60 “Being convinced, we...”	Top of page 62 “... or our self-pity?”
63	How It Works	Top of page 62 “Selfishness -- self- ...”	Top of page 64 “...causes and conditions.”
64	How It Works	Top of page 64 “Therefore, we started ...”	3/4 of the way down page 66 “...these things are poison.”
65	How It Works	3/4 of the way down page 66 “We turned back to...”	Bottom of page 67 “...set these matters straight.”
66	How It Works	Bottom of page 67 “Notice that the word...”	Bottom of page 68 “...commenced to outgrow fear.”
67	How It Works	Bottom of page 68 “Now about sex....”	3/4 of the way down page 70 “...would mean heartache.”
68	How It Works	3/4 of the way down page 70 “If we have been thorough...”	Top of 71-end of chapter “...of truth about yourself.”
69	How It Works	Top of page 72 “Chapter 6 Into Action...”	3/4 of the way down page 73 “... makes for more drinking.”
70	How It Works	3/4 of the way down page 73 “Psychologists are ...”	3/4 of the way down page 74 “... considerate of others.”
71	How It Works	3/4 of the way down page 74 “Notwithstanding the...”	3/4 of the way down page 75 “...Spirit of the Universe.”
72	How It Works	3/4 of the way down page 75 “Returning home we find...”	Middle of page 76 “...completed <i>Step Seven</i> .”
73	How It Works	Middle of page 76 “Now we need more ...”	Top of page 78 “...gratified with the result.”
74	How It Works	Top of page 78 “In nine cases out of ten ...”	Bottom of page 79 “...long since been adjusted.”
75	How It Works	Top of page 80 “Before taking drastic...”	Bottom of page 80 “...happened years ago.”
76	How It Works	Bottom of page 80 “The chances are that...”	Middle of page 82 “... face-to-face combat.”
77	How It Works	Middle of page 82 “If we have no such...”	Top of page 83 “...tolerance, kindness and love.”
78	How It Works	Top of page 83 “The spiritual life is not...”	Middle of page 84 “... if we work for them.”

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79	How It Works	Middle of page 84 “This thought brings us...”	Bottom of page 85 “...and that means action.”
80	How It Works	Bottom of page 85 “... <i>Step Eleven</i> suggests...”	Middle of page 87 “...You can easily see why.”
81	How It Works	Middle of page 87 “If circumstances warrant...”	Middle of page 88-end of chapter “...devoted to <i>Step Twelve</i> .”
82	Working With Others	Top of page 89 “Chapter 7 – Working...”	End of page 89 “...helpful is our only aim.”
83	Working With Others	Top of page 90 “When you discover a...”	Middle of page 91 “...receptive when depressed.”
84	Working With Others	Middle of page 91 “See your man alone...”	Middle of page 93 “...your own convictions are.”
85	Working With Others	Middle of page 93 “Your prospect may ...”	2/3 of the way down page 94 “...follow your suggestions.”
86	Working With Others	2/3 of the way down page 94 “Your candidate may give...”	Middle of page 96 “...recovered, of their chance.”
87	Working With Others	Middle of page 96 “Suppose now you are ...”	2/3 of the way down page 97 “...complications in a family.”
88	Working With Others	2/3 of the way down page 97 “Though an alcoholic...”	2/3 of the way down page 98 “...in God and clean house.”
89	Working With Others	2/3 of the way down page 98 “Now, the domestic ...”	End of page 99 “...apparent to both parties.”
90	Working With Others	End of page 99 “Let no alcoholic say...”	End of page 100 “...any amount of criticism.”
100	Working With Others	End of page 100 “Assuming we are...”	Top of page 102 “...another alcoholic instead!”
101	Working With Others	Top of page 102 “Why sit with a long face...”	Middle of pg. 103-end of chapter “... <i>anything. We have to!</i> ”
102	To Wives	Top of page 104 “Chapter 8 To Wives...” (including the footnote)	Near top of page 106 “...our men as we did not.”
103	To Wives	Near top of page 106 “The bill collectors, ...”	Top of page 108 “...drunk again immediately?”
104	To Wives	Top of page 108 “These are some of the...”	2/3 of the way down page 110 “...gone. Yet they got well.”
105	To Wives	2/3 of the way down page 110 “Let’s now go back to...”	2/3 of the way down page 112 “...may stop or moderate.”
106	To Wives	2/3 of the way down page 112 “Suppose, however, that...”	End of page 113 “...and powerful recoveries.”
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107	To Wives	Top of page 114 “There are exceptions...”	Middle of page 116 “...the discovery of God.”
108	To Wives	Middle of page 116 “We have elsewhere...”	3/4 of the way down page 118 “...development. Be patient.”
109	To Wives	3/4 of the way down page 118 “Another feeling we are...”	End of page 121 “...luck and God bless you.” (include the footnote at the *)
110	The Family Afterward	Top of page 122 “Chapter 9 The Family...”	Top of page 124 “...with the new way of living.”
111	The Family Afterward	Top of page 124 “Henry Ford once made...”	Almost the end of page 125 “...that serious handicap.”
112	The Family Afterward	Almost the end of page 125 “Many alcoholics are...”	1/3 of the way down page 127 “...and spiritual understanding.”
113	The Family Afterward	1/3 of the way down page 127 “The head of the house...”	Top of page 128 “...the guiding principle.”
114	The Family Afterward	Top of page 128 “Assume on the other...”	Near the end of page 129 “...better practical use of it.”
115	The Family Afterward	Near the end of page 129 “There will be other...”	Near the bottom of page 132 “... power to help others.”
116	The Family Afterward	Bottom of Page 132 “Everybody knows that...”	Top part of page 134 “...This practice beneficial.”
117	The Family Afterward	Top part of page 134 “A word about sex...”	End of page 135 “... <i>Easy does it.</i> ”
118	To Employers	Top of page 136 “Chapter 10 To Employers...”	3/4 of the way down page 137 “...understanding all around.”
119	To Employers	3/4 of the way down page 137 “Nearly every modern...”	Middle of page 139 “...their sick employees.”
120	To Employers	Middle of page 139 “If you desire to help...”	Middle of page 140 “... action of alcohol on his brain.”
121	To Employers	Middle of page 140 “I well remember the...”	3/4 of the way down page 141 “...will pay such dividends.”
122	To Employers	3/4 of the way down page 141 “Perhaps you have such...”	Near the end of page 142 “...usually the best of course.”
123	To Employers	Near the end of page 142 “After satisfying yourself...”	Near the end of page 143 “...chat with him on his return.”
124	To Employers	Near the end of page 143 “To return to the subject...”	Near the end of page 144 “...use of the book alone.”
125	To Employers	Near the end of page 144 “On your employee’s...”	Middle of page 145 “...command undying loyalty.”

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126	To Employers	Middle of page 145 "The greatest enemies..."	Middle of page 146 "...to maintain his sobriety."
127	To Employers	Middle of page 146 "After your man has gone..."	Middle of page 147 "...well discharged already."
128	To Employers	Middle of page 147 "There is another thing..."	2/3 of the way down page 149 "...some interesting discoveries."
129	To Employers	2/3 of the way down page 149 "Of course, this chapter..."	End of page 150-end of Chapter "...them straightened out." (read the footnote)
130	A Vision For You	Top of page 151 "Chapter 11-A Vision..."	Near the top of page 153 "...neighbor as thyself."
131	A Vision For You	Near top of page 153 "It may seem incredible..."	3/4 of the way down Page 153 "...who must find a way out."
132	A Vision For You	3/4 of the way down Page 153 "In the chapter 'Working..."	Middle of page 155 "...meant to be alcoholic." (read the footnote)
133	A Vision For You	Middle of page 155 "When our friend related..."	Top of page 156 "...might give him mastery."
134	A Vision For You	Top of page 156 "One morning he took..."	Near the end of page 157 "...about that I can see."
135	A Vision For You	Near the end of page 157 "The two friends spoke..."	3/4 of the way down page 158 "...which he was long absent."
136	A Vision For You	3/4 of the way down page 158 "So, you see, there were..."	3/4 of the way down page 159 "...much worry and suffering."
137	A Vision For You	3/4 of the way down page 159 "A year and six months..."	Middle of page 161 "...will number many hundreds." (read the footnote)
138	A Vision For You	Middle of page 161 "But life among Alcoholics..."	Middle of page 162 "...this helpful interchange."
139	A Vision For You	Middle of page 162 "Some day we hope that..." (read the footnote)	1/4 of the way down page 163 "...patience and labor."
140	A Vision For You	1/4 of the way down page 163 "We know of an A.A..."	Top of page 164 "...recover-if he can and will."
141	A Vision For You	Top of page 164 "Still you may say:..." (read footnote)	End of page 164 "...and keep you-until then."