



# **S.O.B.E.R.: How the Irritating Acronyms of Alcoholics Anonymous Got One Drunk Sober**

*I. M. Asotte*

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**S.O.B.E.R.: How the Irritating Acronyms of Alcoholics Anonymous Got One Drunk Sober** I. M. Asotte  
S.O.B.E.R. is a bird's eye view of how Alcoholics Anonymous works from the perspective of a long time, sober member. Based on the author's personal experience, S.O.B.E.R. tells the story of William R. Schumacher, III, a middle class professional who reluctantly enters the world of AA after falling out of his neighbor's house one night in a drunken stupor. In a search for ways to help him moderate and manage his drinking so he could once again enjoy a "perfect two martini lunch", he finds instead the shocking reality that his behavior is a disease which demands total abstinence. Along the road to recovery our hero earns the nickname "Billybob" and encounters a number of colorful characters whose backgrounds run the gamut "from Yale to Jail." Initially, Billybob is put off by the persistent use of dozens of acronyms often heard in AA meeting rooms. Eventually, Billybob understands how the acronyms and sayings of Alcoholics Anonymous help the afflicted and overwrought brains of recovering alcoholics absorb the meaning of important principles that enhance recovery. S.O.B.E.R. takes you into the rooms and the program of Alcoholics Anonymous as if you were a member. You will observe and relate to the pain, joy, suffering, confusion, elation, anger, resentment and, above all, the spiritual mystery that is AA. To the recovering alcoholic, S.O.B.E.R. re-affirms the success of the Alcoholics Anonymous program where "rarely have we seen a person fail who has thoroughly followed our path." To the person struggling with the possibility of their being alcoholic, S.O.B.E.R. may provide a non-threatening basis for self-identification and an impetus to investigate the program as a means to overcome their disease. To the non-alcoholic, S.O.B.E.R. is an irreverently humorous yet inspirational look into a parallel dimension in modern behavior known as Alcoholics Anonymous.

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