

Emotions Anonymous Catalog of Materials - 2003

Emotions Anonymous

EA's "Big Book," our basic text, provides the principles and tools of our program. EA history, professional endorsements, and stories from people whose lives have been changed by EA are included. Hardcover, softcover and album of 6 audio tapes.



Today (meditation book)

Daily readings written by EA members offer thoughts on serenity, courage, wisdom, and peace of mind to help us live in the world one day at a time *today*. Softcover book and album of 5 audio tapes.



New from EA

Slogan Bears

These soft little guys are just the right size for taking anywhere—work, home, or the car, wherever you may be. They are guaranteed to keep you company and brighten your day. They make a special gift. Each has a white T-shirt with the slogan and logo in coordinating colors. See the attached order form for colors and slogans. Each is 6" tall.



Newcomer Orientation

Brochure. A must for each new group member. Clearly explains how to get the most out of group participation.

12 Step Card

Laminated. A beautiful wallet-size card with our 12 Steps on the back.

Serenity Bookmark

Laminated. Features the Serenity Prayer on one side, with ISC contact information on the other.

EA Recovery

The New Message

Our quarterly publication features stories and articles of recovery, plus the latest news from EA International. *The New Message* is 12 - 8½ x 11 pages packed with all your favorite reading. Also available on-line.



Twenty-Five Years of The Message

Collection of *Message* stories published during the first 25 years (58 pp.)

Everyday Miracles: Blessings From My Higher Power: Members share HP experiences that have made a difference in their lives. (44 pp.)

EA's Twelve-Step Program "The Yellow Pamphlet" - #1

Formerly *You Are Not Alone*, this is our basic pamphlet for meetings. Contains the Serenity Prayer, Concepts, Just for Today's, Slogans, Traditions, Steps, and Promises. **Large print, #1-lp**, and an older *Spanish translation, #1-sp*.

Simply EA - #2

This simple yet comprehensive booklet includes a personal inventory, meeting format, and the contents of the Yellow Pamphlet in easy-to-understand language written for use by all age groups.

A Personal Inventory: My Strengths and Limitations - #4

Helps us look closely at our feelings, attitudes, and behaviors. Finding those that hinder us allows us to move into positive, constructive living; uncovering our assets lets us emphasize them in a healthier way. The last two pages have questions and room for notations.

I Have a Choice - #5

Card containing the Steps, Just for Today's, and Serenity Prayer.

Spot-Check Inventory - #14

A companion card to #4, used for daily self-evaluation

Third-Step Prayer - #20 and Seventh-Step Prayer - #21

These prayers can be with you every day. Both are printed on cards that can be carried in your purse or wallet. Laminated.

To My Family, Relatives and Friends - #23

Are friends or family members puzzled by your commitment to EA? This pamphlet can help them understand.

Sponsorship - Revised - #25

This new pamphlet combines the two previous sponsorship pamphlets and provides fresh insight.

Help for a Better Life - #31

Questions and answers useful in helping new or potential members decide if EA is for them.

My EA Workbook - #33

This workbook gives us more awareness of how our thoughts, actions, and emotions affect our relationship with others, and with ourselves. Special focus on happiness, anger, acceptance, self-inventory, and journaling.

EA Sharing Card - #35

Business-size card with which a member can reach out by offering his/her name and phone number.

The Traditions - #40

Companion to *Step By Step*. A must for groups and individuals to better understand the guidelines and traditions on which our program is based. Helps groups make decisions and eliminate power struggles. (40 pp.)



The Twelve Promises - #41

Reminder card containing the hope our new way of life offers in the form of EA's Twelve Promises.

Step By Step - #42

A workbook that offers insight and provides a guide for working each of The Twelve Steps of Emotions Anonymous. Thought-provoking questions help pinpoint causes of emotional distress. Rev. 1995. (36 pp.)

Self-Esteem - #45

Resentments - #46

Fear - #47

Anger - #48

Indecision - #49

Perfectionism - #50

Love - #53

Depression - #54

Grief - #55

Shame - #56

These brochures provide insight into these common issues of concern.

How It Works - #61

Pages 39-82 from the EA book on working the steps. Large print format, 8½ x 11. Great for everyday use, member notes, etc.

10 Years of Convention Highlights

This is a special two-tape collection of shares from 10 annual conventions, 1987-1997. A committee of seven EA members reviewed the tapes and selected 13 shares they considered especially meaningful and inspirational.

Just for Groups

EA Meeting Sign - #3 - New design, new color to coordinate with your new EA book. Helps perk up the meeting area.

Group Inventory - #6

Questions to evaluate the effectiveness of your meeting and the contributions of individual members to the group. Doing this inventory can assist in resolving group problems.

Suggested Format for Meetings - #7

The agenda for leading a meeting on a convenient laminated card. This card and the ability to read is all you need to lead a meeting.

Treasurer's Weekly Record Form - #9

Guide for New and Existing EA Groups - #13

The answers to those commonly asked questions about EA meetings to help members start a group or improve existing meetings.

Meeting Table Card - #16 - If your old one is looking a bit overused, new ones with a slightly different look are in stock

News Release - #22

Suggestions for contacting the media to let your community know about a new EA group or existing EA meetings.

Welcome to a New Way of Life - #28

Explains the basics of EA. Share one with a friend!

How Our Meetings Work - #37

Explains what to expect at EA meetings and why we do things as we do. A great pamphlet for *new* and *old* members.

Group Starter Packet - #44

Perfect for newly-formed EA groups. Contains a variety of group and recovery pamphlets and a sample of the *New Message* magazine.

Maintaining Group Serenity: Handling Disruption - #62

Has your group experienced disruption or discomfort from a member's behavior? These suggestions help handle the disruption and regain group serenity; may be used with the Group Inventory.

Unity and Service

Community Outreach Packet - #17

Sample letters and posters that can be sent to local professionals or distributed to the community at large.

Bylaws of Emotions Anonymous - #24

World Directory - #29

Meetings around the world; updated bi-annually. *Confidential, for EA members only. Not to be used for any type of mailing list.*

Public Information Meeting Guide - #30

Expanded guide for introducing EA to the public. Includes step-by-step planning.

Guidelines for Local, Area, and Regional EA Events - #32

A valuable resource if you have ever thought of having an EA event in your area. Easy to follow, it guides you from start to finish.

Guide for Forming an Intergroup Association - #38

Suggestions about forming an intergroup and how an intergroup can work to meet the needs of EA members in your area.

Guide for Speaking at Twelve-Step Events - #39

Suggestions for carrying the EA message.

EA's Annual Report - #43 Confidential—for EA members only.

Introducing EA to the Health Care Professional - #63

This handy new pamphlet will help your area professional know who is right for EA.

Guide for Participating in Health Fairs and Other Community Awareness Projects - #64

Gives you the basic how-to's of carrying the message to health fairs and other community projects.

Community Outreach Workbook-#65

A comprehensive guide for community outreach work. (22 pp.)

Celebrate

EA Medallion & Holder

Recovery should be celebrated. Our graceful, simply-styled symbol of EA makes a thoughtful gift. The holder is suitable for chains.



EA Recovery Cards



EA's 30, 90, 180 and 365-day laminated "Recovery Cards" will make an important statement in your group. We know groups, sponsors and individuals will value these to acknowledge time and recovery in EA. Each has three of the Promises on the back. Collect all four and watch the Promises come to be.

To order, contact:

Emotions Anonymous

P.O. Box 4245

St. Paul, MN 55104-0245

Telephone: **(651) 647-9712**

Fax: **(651) 647-1593**

(VISA & MasterCard accepted)

E-mail: orders@emotionsanonymous.org

Discount Policy

- A 10% discount can be taken on books in case lots of 26. Cases may not be mixed.
- A 10% discount can be taken on literature orders of 100 pieces or more.
- An additional 10% can be taken for donations on file for \$25 or more; only one discount credit can be used per order.
- No discounts are given on merchandise or subscriptions.

BOOKS AND AUDIO TAPES

Description	Price Each	Quantity	Total
<i>Emotions Anonymous</i> , Hardcover	\$15.00		
<i>Emotions Anonymous</i> , Softcover	\$12.00		
Audio Tapes, EA Book (6 tapes)	\$30.00		
Spanish EA Book (pp. 1-150) 8½ x 11 sheets ..	\$10.00		
Today, daily meditation book	\$10.00		
Audio Tapes, Today book (5 tapes)	\$25.00		
10 Years of Convention Highlights (2 tapes)	\$10.00		
Subtotal			
— Discount of _____ % =			
(if applicable)			
Total Books & Tapes		\$	

MERCHANDISE *No discounts*

Literature Display Rack \$20.00 each

17" wide, 16" high, 10½" deep, wire Qty _____
Subtotal _____

EA Medallions & Holders

Medallions \$3 each Qty _____ Subtotal _____
Holders \$7 each Qty _____ Subtotal _____

Slogan Bears \$10.00 each

Each bear has a t-shirt with color-matched print

Blue "You Are Not Alone" bear: Qty _____ Subtotal _____
Purple "Let Go and Let God" bear: Qty _____ Subtotal _____
Green "One Day at a Time" bear: Qty _____ Subtotal _____
Red "Easy Does It" bear: Qty _____ Subtotal _____
Tan "K.I.S.S." bear: Qty _____ Subtotal _____
Pink "Look for the Good" bear: Qty _____ Subtotal _____
Turquoise "H.A.L.T." bear: Qty _____ Subtotal _____
Orange "I Need People" bear: Qty _____ Subtotal _____
Mint Green "Each Day A New Beginning" bear: Qty _____ Subtotal _____

Total Merchandise **\$**

LITERATURE

Form	Description	Price Each	Qty	Total	Form	Description	Price Each	Qty	Total
	<i>Spanish Literature Packet</i> 8½ x 11 sheets	\$10.00			35	EA Sharing Card10		
	<i>Twenty-Five Years of The Message</i> (58 pp.)	\$5.00			37	How Our Meetings Work35		
	<i>Everyday Miracles: Blessings From My HP</i> (44 pp.)	\$5.00			38	Intergroup Associations Guide75		
1	EA's 12-Step Program (Yellow Pamphlet)	\$.50			39	Speaker's Guide25		
	1-lp EA's 12-Step Program Large Print	1.00			40	The Traditions (40 pp.)	4.00		
	<i>1-sp Tú No Estás Solo</i>25			41	Twelve Promises of EA (card)30		
2	Simply EA	1.50			42	Step By Step (36 pp.)	4.00		
3	EA Meeting Sign (laminated) ...	1.50			43	Annual Report	1.00		
4	A Personal Inventory	1.00			44	Starter Packet (\$29.90 value)	17.50		
5	I Have A Choice (JFT card)30			45	Self-Esteem35		
6	Group Inventory25			46	Resentments35		
7	Suggested Meeting Format (laminated)	1.50			47	Fear35		
8	Service—Step 1235			48	Anger35		
9	Treasurer's Weekly Record Form ..	.50			49	Indecision35		
13	Guide for EA Groups50			50	Perfectionism35		
14	Spot-Check Inventory (card)30			53	Love35		
15	Cycle of Emotional Illness & Recovery	1.00			54	Depression35		
16	Meeting Table Card75			55	Grief35		
17	Community Outreach Packet	1.25			56	Shame35		
18	Serenity Bookmark laminated ...	1.00			61	How It Works, Large Print (34 pp)	4.00		
19	Twelve Steps Card laminated	1.00			62	Maintaining Group Serenity	1.00		
20	Third-Step Prayer Card laminated	1.00			63	For the Health Care Professional..	.35		
21	Seventh-Step Prayer Card laminated	1.00			64	Guide for Health Fairs35		
22	News Release Information25			65	Community Outreach Workbook .	6.00		
23	To My Family and Friends35			66	Supporting Your Support System ..	.35		
24	EA Bylaws	1.00			70	30-day Laminated Recovery Card	1.00		
25	Sponsorship, Revised 200235			71	90-day Laminated Recovery Card	1.00		
27	Newcomer Orientation35			72	180-day Laminated Recovery Card	1.00		
28	Welcome to a New Way of Life..	.35			73	365-day Laminated Recovery Card .	1.00		
29	World Directory	4.00			Subtotal				
30	Public Information Meeting Guide	1.00			— Discount of _____ % =				
31	Help for a Better Life35			(if applicable)				
32	Guidelines for EA Events	1.00			Total Literature		\$		
33	My EA Workbook (28 pp.)	4.00							

Order Form 2003

The New Message — EA'S QUARTERLY MAGAZINE

(Prices in U.S. funds include postage, handling and sales tax.)

U.S.A.	1 year \$8 _____	2 years \$15 _____
Canada & Mexico	1 year \$11 _____	2 years \$21 _____
Other countries	1 year \$14 _____	2 years \$27 _____
Internet	1 year \$ 5 _____	2 years \$ 9 _____

Personal Subscription: New: Renewal:

Gift to: _____ GIFT ADDRESS

E-MAIL ADDRESS: _____

Yearly packets of 4 available
for years 1999-2002

Qty/Year	Price

U.S. \$6	Canada & Mexico \$7	Other Countries \$8
Quarterly issues	\$2 each (beginning 1st Quarter 1999)	
Give quarter & year:	_____ , 199 _____	
	_____ , 199 _____	
	_____ , 200 _____	
	_____ , 200 _____	Total <input style="width: 50px;" type="text"/>

Discount Policy

- A 10% discount can be taken on books in case lots of 26. Cases may not be mixed.
- A 10% discount can be taken on literature orders of 100 pieces or more.
- An additional 10% can be taken for donations on file for \$25 or more.
- No discounts are given on merchandise or subscriptions.

Please print neatly!

Make payment either in U.S. dollars drawn on a U.S.-based bank, or a check or money order in foreign currency from your bank at equivalent exchange rates.

Name _____

Telephone (_____) _____ - _____

Address _____

City _____ State _____

Zip Code _____

Country _____

EA Group (city, day, time) _____

VISA/MC # _____

Expiration date _____

Signature _____

Mail to: **Emotions Anonymous**
P.O. Box 4245
St. Paul, MN 55104-0245
U.S.A.

Telephone: (651) 647-9712

Fax: (651) 647-1593

Office use only

Books \$ _____

Literature \$ _____

Merchandise \$ _____

Subtotal \$ _____

*Shpg/Hndl \$ _____

Sales tax \$ _____
(MN residents only)

New Message
Subscriptions \$ _____

Donations \$ _____

Group

Individual

Total \$

Office Use Only: Shipped _____ Via _____ Init. _____

***Shipping & Handling Charges**

Within USA

Up to \$20.00 \$ 3.00
Over \$20.00 15% of order

Canada & Mexico

Up to \$20.00 \$ 4.00
Over \$20.00 20% of order

Other Countries

Up to \$20.00 \$ 5.00
Over \$20.00 25% of order

*Please allow up to 3 weeks for
U.S. delivery and up to 12 weeks
for foreign delivery.*

*Include shipping and handling for your order as indicated on the chart.

*Prices on any and all items are
subject to change without notice.*

**We do not accept U.S. funds
drawn on a foreign bank.**