



Emotions Anonymous, Revised Edition

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Emotions Anonymous was formed by a group of individuals who found a new way of life by working the twelve-step program of Alcoholics Anonymous, as adapted for people with emotional problems. It is a fellowship of people who share their experiences, feelings, strengths, weaknesses, and hopes with one another in order to solve their emotional problems and to discover a way to live at peace with unsolved problems. We come to EA to learn to live a new way of life by using the twelve-step program. Through it, we find serenity and acquire peace of mind.

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