

Introducing S.T.U.P.I.D. Recovery

Posted by ihadstringsbutnowimfree - 24 May 2021 18:30

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Re: Introducing S.T.U.P.I.D. Recovery

Posted by ihadstringsbutnowimfree - 24 May 2021 18:32

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Re: Introducing S.T.U.P.I.D. Recovery

Posted by ihadstringsbutnowimfree - 24 May 2021 18:33

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Re: Introducing S.T.U.P.I.D. Recovery

Posted by DavidT - 24 May 2021 18:41

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In addiction recovery there's a saying "**KISS: *Keep It Simple Stupid* - Stop Complicating Life**"

This has been a familiar phrase since Alcoholics Anonymous began in 1939. It was the favorite phrase of Dr. Bob, one of the cofounders of AA. During his last speech at the national AA convention in 1950, he spoke of the simplicity of the AA solution. "Simmered down," it is a simple message of 'love and service.' And, his final words with Bill W, his partner and friend, he said, "Remember, Bill, let's not louse this thing up. Let's keep it simple!"

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