

Excerpts about joy and happiness:

But we aren't a **glum** lot. BB p.132, *The Family Afterward*

Joy at our release from a lifetime of frustration knew no bounds. BB p.128, *The Family Afterward*

Practically every A.A. member declares that no satisfaction has been deeper and no **joy** greater than in a Twelfth Step job well done. 12&12 p.110, *Step Twelve*

Unlike the feelings of the ship's passengers, however, our **joy** in escape from disaster does not subside as we go our individual ways. BB p.17, *There Is A Solution*

Understanding is the key to right principles and attitudes, and right action is the key to good living; therefore the **joy** of good living is the theme of A.A.'s Twelfth Step. 12&12 p.125, *Step Twelve*

When a few men in this city have found themselves, and have discovered the **joy** of helping others to face life again, there will be no stopping until everyone in that town has had his opportunity to recover -- if he can and will. BB p.164, *A Vision For You*

The **joy** of living is the theme of A.A.'s Twelfth Step, and action is its key word. 12&12 p.106, *Step Twelve*

The **joy** of living we really have, even under pressure and difficulty. BB p.15, *Bill's Story*

If newcomers could see no **joy** or fun in our existence, they wouldn't want it. BB p.132, *The Family Afterward*

Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and **joy** to every human being he could. 12&12 p.101, *Step Eleven*

The family of an alcoholic longs for the return of **happiness** and security. BB p.123, *The Family Afterward*

In the face of collapse and despair, in the face of the total failure of their human resources, they found that a new power, peace, **happiness**, and sense of direction flowed into them. BB p.50, *We Agnostics*

I was to know **happiness**, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes. BB p.8, *Bill's Story*

In spite of your new-found **happiness**, there will be ups and downs. BB p.117, *To Wives*

It was transcended by the **happiness** they found in giving themselves for others. BB p.159, *A Vision For You*

Excerpts taken from the website: <http://www.164andmore.com/index.php>