

SCA Toronto – Literature Information

SCA members use various forms of literature to assist with personal recovery. One of the SCA Tools That Help Us Get Better states: “Literature is our portable program. We make use of AA’s and OA’s and other Twelve Step programs’ conference approved literature, as well as other appropriate materials.” SCA, AA, OA, Al-Anon and CoDA publications have proven particularly beneficial.

SCA itself publishes the following literature. These publications may be obtained either from your local SCA meetings, or from the SCA International Service Organization in New York, or online:

- SCA: A Program of Recovery (Blue Book)
- Q & A: A Guide for Newcomers to SCA
- Moving Through Withdrawal
- Secret Shame (excerpt from Blue Book)
- Avoiding Common Pitfalls in Recovery
- Sponsorship in SCA
- The Best of The SCAnner Newsletter
- How to Start a Meeting
- The SCA Four-Fold - English (25-pack)
- The SCA Four-Fold - Spanish (25-pack)
- For the Newcomer Leaflet (25-pack)
- The Tool of Writing (25-pack)
- Meeting Starter Kit (special multi-pack)
- El Librito Azul (Spanish Blue Book)

SCA print titles can either be ordered online via the SCA ISO website at www.sca-recovery.org, or by mail [print form at: www.sca-recovery.org/orderform.htm] from: SCA Literature Orders, Old Chelsea Station, P.O. Box 1585, New York, N.Y. 10013-1123, U.S.A. SCA E-Books are available and can be purchased online from Amazon (needs a Kindle Reader) or Google Books (no special reader required).

The SCA Blue Book is SCA’s primary text. It outlines the SCA Program of Recovery and provides a number of guides for drawing up a personal Sexual Recovery Plan. The special Winter, 2003 Double Edition of the SCAnner newsletter also contains comprehensive guides and numerous examples of how to draft a personal Sexual Recovery Plan. (This and other past editions of the SCAnner can be found in the SCAnner Online website’s Print Archive at www.scanneronline.org & downloaded.)

In accordance with its Sixth Tradition, SCA endorses no outside enterprises, or literature. Without any intention to approve the following books, they are listed (together with bookshops carrying them) for use at your discretion, as many members of SCA have found them helpful and inspiring:

- *Hope and Recovery*. Guide to the Twelve Steps for Sexual Compulsion. Hazelden. (TBR, Hazelden)
- *Hope and Recovery - The Workbook*. “Q & A” Format Step Guide/Workbook. Hazelden. (Chapters/Indigo)
- *A Gentle Path Through The Twelve Steps*. Patrick Carnes, PhD. Guide for People in Recovery. (IBB)
- *Facing the Shadow: Starting Sexual & Relationship Recovery*. Patrick Carnes., PhD. Workbook. (Chapters/Indigo)
- *Out of The Shadows*. Patrick Carnes, PhD. Describes & explains Sexual Addiction. (IYE, TBR)
- *Contrary to Love*. Patrick Carnes, PhD. Sequel to *Out of the Shadows*. Geared to therapists. (TBR)
- *Don’t Call it Love*. Patrick Carnes, PhD. Recovery from Sexual Addiction. (IYE, TBR)
- *Sexual Anorexia*. Patrick Carnes, PhD. Sexual Self-Denial/Fear & Avoidance of Sex. (IBB, Hazelden)
- *In The Shadows of The Net*. Patrick Carnes, PhD. Computer/Cyber/Internet Sex. (IYE, Hazelden)
- *Treating Pornography Addiction: The Essential Tools for Recovery*. Kevin B. Skinner PhD. (Chapters/Indigo)
- *Alcoholics Anonymous*, also known as “The Big Book.” The Basic Text of AA, 4th Edition. (AA-IG, TBR)
- *Twelve Steps and Twelve Traditions*. AA’s Twelve Steps and Twelve Traditions outlined. (AA-IG, TBR)
- *Cruise Control: Understanding Sex Addiction in Gay Men*. Robert Weiss. Gay perspective. (Chapters/Indigo)
- *Sex Addicts Anonymous*. SAA’s Basic Text. Twelve Steps and Twelve Traditions & Personal Stories. (IBB)
- *Sex and Love Addicts Anonymous*. SLAA/Augustine Fellowship Text. Relationships/Codependency (TBR)
- *Facing Love Addiction*. Pia Melody. Twelve Step Recovery Process for Toxic Love Relationships. (IBB)
- *Women Who Love Too Much*. R. Norwood. Relationships/Codependency/Romance (IBB, IYE)
- *Codependent No More*. Melody Beattie. Groundbreaking book about Codependency. (IBB, IYE)
- *Silently Seduced*. Kenneth M. Adams, PhD - Emotional/Covert Incest. (Chapters/Indigo)
- *Working Step Four in Narcotics Anonymous*. NA Detailed Step 4 Inventory Guide. (TBR, NAWS)
- *Drop The Rock: Removing Character Defects - Steps 6 & 7*. Todd W., Bill P., Sara S. Hazelden. (IBB, IYE)
- *Answers in the Heart*. Daily Meditations for Sex Addicts. Hazelden Publishers. (TBR, Hazelden)
- *The Language of Letting Go (Vols. I & II)*. Melody Beattie. Daily Meditations on Codependency. (IBB, IYE)
- *The Spirituality of Imperfection*. Kurtz & Ketcham. Overview of Spirituality & Spiritual Healing. (IBB, IYE)
- *Spiritual Awakenings (Vols. I & II)*. AA Grapevine. AA Member Stories of Finding a Higher Power. (AA-IG, TBR)

SCA members you meet may also have suggestions about recovery literature they find helpful. *See over.*

[Information current as of November, 2019]

Key & list of booksellers usually stocking titles as indicated (or order through your local bookstore): TBR – The Book Room (Recovery Literature), Mississauga 1 (800) 713-8990 or (905) 271-4200 (Mail Orders); IYE – Indigo, Yonge & Eglinton, Toronto (416) 544-0049; IBB – Indigo, Bay & Bloor, Toronto (416) 925-3536; AA-IG – Alcoholics Anonymous Intergroup Office, 234 Eglinton Ave. East, Toronto (416) 487-9865 (Literature Dept.) or (416) 487-5591 (General Line); Hazelden Publishers (Recovery Literature) Minnesota, USA 1 (800) 328-9000 Website: www.hazelden.org; NAWS - NA World Services Website: <http://www.na.org/?ID=OrderLiteratureOnline-NAW>. Chapters/Indigo Website (Availability & Online Orders): www.chapters.indigo.ca. E-Books: Google Books/Google Play (no special reader required): <http://books.google.ca/> or <https://play.google.com/store/books> (search “Sexual Compulsives Anonymous” or specific title), or Amazon (needs a Kindle Reader): <http://www.amazon.com/> (search “Sexual Compulsives Anonymous” or specific title). The Winter, 2003 SCAnner (Sexual Recovery Plan Edition) can be found here: <http://www.scanneronline.org/archives/winter2003/SCAnnerSRPWinter2003.pdf>. NOTE: Listed stores have historically carried the titles indicated, but some shops now tend not to restock low-demand books automatically. Advance confirmation of availability is recommended before visiting a particular shop.