

CZR Step Study

Resources

Essential Resources:

- ~ *The Compilation Book of all Twelve COSA Step Booklets* [Print Version](#) (this version is all twelve booklets in one book)
- ~ COSA Step Booklet (12 book series sold separately) [Kindle Version](#) and [UK Kindle Version](#)
- ~ *A Program of Recovery: Is COSA For Me? – 52 Questions about Key Identifying Behaviors* [Print booklet](#) and [Kindle version](#) and [UK Kindle version](#)
- ~ *Sobriety in COSA – Defining our Three Circles and Bottom Line Behaviors* [Print booklet](#) and [Kindle version](#) and [UK Kindle version](#)
- ~ *Boundaries in Recovery* [Print booklet](#) and [Kindle version](#) and [UK Kindle version](#)

Links to additional free Resources

- ~ [List of Step 1 Balance Articles](#)
- ~ [COSA Balance Articles](#)
- ~ To sign up for the Balance and the COSAs in the Know publications, go to the bottom of any page on [COSA-Recovery](#).
- ~ [The Big Book | Alcoholics Anonymous](#)

Recommended Resources:

These two Pia Mellody's books are used in both recommended and optional assignments.

- ~ *Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives* by Pia Mellody [Paperback](#) and [UK version](#)
- ~ *Breaking Free: A Recovery Workbook for Facing Codependence* by Pia Mellody [Paperback](#) and [UK version](#)
Note: At the time of this writing, the Kindle version is not formatted correctly.
- ~ *Drop the Rock: Removing Character Defects - Steps Six and Seven* by P., Bill, W., Todd, S., Sara [Paperback](#) & [Kindle versions](#) & [UK version](#). This book is available as an audible, which is worth listening to, but it is hard to follow along with the assigned reading.
- ~ *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* by Fred H. [Paperback](#) & [Kindle version](#) & [UK version](#)
- ~ Both books are available digitally in a two-pack bundle. [Kindle version](#) & [UK version](#)

Optional Resources:

- ~ *Facing Codependence: What It Is, Where It Comes from, How It Sabotages Our Lives* by Pia Mellody [Paperback](#) and [UK version](#)
- ~ *Breaking Free: A Recovery Workbook for Facing Codependence* by Pia Mellody [Paperback](#) and [UK version](#)
Note: At the time of this writing, the Kindle version is not formatted correctly.
- ~ [Arizona Step Study | COSA-Recovery](#) - This is an excellent resource for working outside a group setting. However, it is always best to work the Steps with someone else to give feedback. This is the "we" part of our program.