

# CZR Step Study<sup>1</sup>

## Resources

### Essential Resources:

- ~ Twelve COSA Step Booklets These are the same resource in different formats. You only need to choose which format works best for you.
  - *The Compilation Book of all Twelve COSA Step Booklets* [Print Version](#) (this version is all twelve booklets in one printed book)
  - COSA Step Booklet (12 book series sold separately) [Kindle Version](#) and [UK Kindle Version](#)
- ~ *Boundaries in Recovery* [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](#)

***If you choose to use printed resources from the COSA store, it is recommended that you purchase them together as soon as possible, as they take several weeks to arrive.***

### Links to additional free Resources:

- ~ [List of Step 1 Balance Articles](#)
- ~ [COSA Balance Articles](#) To sign up for the bi-monthly newsletter 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 first two Pia Mellody books are used in 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: The Kindle version is not formatted correctly at the time of this writing.
- ~ *Drop the Rock: Removing Character Defects — Steps Six and Seven* by P., Bill, W., Todd, S., Sara [Paperback](#) and [Kindle versions](#) and [UK version](#) - This book is available as an audio. It is worth listening to, but following along with the assigned reading is difficult.
- ~ *Drop the Rock--The Ripple Effect: Using Step 10 to Work Steps 6 and 7 Every Day* by Fred H. [Paperback](#) and [Kindle version](#) and [UK version](#)
  - Both books are available digitally in a two-pack bundle. [Kindle version](#) and [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: The Kindle version is not formatted correctly at the time of this writing.
- ~ [Arizona Step Study | COSA-Recovery](#) - This is another excellent resource for working outside a group setting. However, it is always best to work on the Steps with someone else to give feedback. This is the “we” part of our program.

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<sup>1</sup> The resources and writings presented in this CZR Step Study have not been approved by the ISO of COSA.