

CoDA Literature Description

Literature Store

updated October 19, 2022

Books/Workbooks:

1. [CoDA Book](#) – Simply titled the CoDA Book, it contains in-depth readings on recovery, our Fellowship, common questions, and personal stories from codependents. Sometimes erroneously referred to as the *CoDA Blue Book*.
 - [CoDA Book Electronic Edition](#)
2. [CoDA Blue Book, Abridged Version](#) – In-depth readings on recovery, our Fellowship, and common questions, but without personal stories. This edition is the same as the pocket edition but with larger print.
3. [CoDA Blue Book, Pocket Edition](#) – In-depth readings on recovery, our Fellowship, and common questions, but without personal stories. This edition was printed in Canada.
4. [In This Moment Daily Meditation Book](#) – Has a meditation for each day of the year, written by codependents for codependents. This book is the “printed in Canada” version. There are 2 meditations per page.
 - [In This Moment Daily Meditation Book Electronic Edition](#)
5. [Joy in the Journey: Recover With Color](#) - A coloring book for codependents on our path towards recovery, using the steps, traditions, and promises.
6. [The Twelve Steps & Twelve Traditions Workbook](#) – Takes the reader through the Steps and Traditions with a brief explanation followed by a series of questions. For individual or group study.
 - [The Twelve Steps & Twelve Traditions Workbook Electronic Edition](#)

Booklets:

1. [Prayers & Affirmations](#) – Both the Prayers and Affirmation booklet are bundled together. Perfect for a newcomer or birthday gift.
 - **Prayers** - This is a collection of Prayers from Conference Approved Literature.
 - **Affirmations** - A pocket-size booklet containing a collection of positive affirmations for recovering codependents. This booklet is larger in size and now includes edition two affirmations.

2. [Being of Service in CoDA](#) – Practical examples of healthy service work essential to the continuation of any meeting and to CoDA as a whole. How to say "yes" to service work.
 - [Being of Service in CoDA Electronic Edition](#)
3. [Building CoDA Community: Healthy Meetings Matter](#) – An overview of what a healthy meeting might look like.
 - [Building CoDA Community: Healthy Meetings Matter Electronic Edition](#)
 - [FREE DOWNLOAD - Building CoDA Community: Healthy Meetings Matter](#)
4. [Common Threads of Codependency](#) – Codependents talk about codependency, recovery, relapse, and authenticity.
 - [Common Threads of Codependency Electronic Edition](#)
5. [Experiences with Crosstalk](#) – Experience, strength, and hope in what crosstalk is and how some members deal with it.
6. [Making Choices](#) – Offers guidance in recognizing how to make choices that support our recovery. Explores codependent and healthy behaviours. This is a new (2021) edition with 40 pages of information.
 - [Making Choices Electronic Edition](#)
7. [Newcomers Handbook](#) – A detailed description of the CoDA program.
 - [Newcomers Handbook Electronic Edition](#)
8. [Peeling the Onion](#) – Characteristics of codependents revisited – codependents look at love, sex, & relationship addiction and avoidance.
9. [Sponsorship: What's in it for Me?](#) – Addresses both sides of sponsorship. Explains why we need sponsors and identifies some of the personal benefits gained from sponsoring others.
10. [The Twelve Piece Relationship Toolkit](#) – The purpose of this booklet is to serve as a companion to CoDA's Twelve Steps and Twelve Traditions Workbook in support of our Tradition Three, a desire for healthy and loving relationships.
11. [Tools for Recovery](#) – Members share experience, strength & hope with different tools useful in their recovery.
12. [Traditionally Speaking: Finding Solutions](#) – This booklet expands our understanding of CoDA's Twelve Traditions. Members share their experience in applying the spiritual principles of CoDA meetings and service work to improve all their relationships: in CoDA, at home, at work, and everywhere.

13. [Twelve Service Concepts](#) – The Twelve Service Concepts in depth.
 - [FREE DOWNLOAD - The Twelve Service Concepts, Alive and Strong](#)
14. [Twelve Steps Handbook](#) – A detailed look at each of the Twelve Steps and how they apply to daily life.

Pamphlets (available for free download [HERE](#)):

1. [Am I Codependent?](#) – Lists the patterns and characteristics of codependency and The Twelve Promises. New! Extended version.
2. [Attending Meetings](#) – Explains how CoDA meetings work and how to participate.
3. [Communications and Recovery](#) – A look at old patterns of communication & how healthier communication can be learned.
4. [Establishing Boundaries in Recovery](#) – What are boundaries? This pamphlet explores different types of boundaries and offers guidance for establishing and maintaining them in a healthy way.
5. [Information for Professionals](#) – An introduction to Co-Dependents Anonymous for professionals. Ideal for counsellors, doctors, or other professionals working in the recovery field.
6. [Sponsorship in CoDA](#) – An overview of the principles of sponsorship.
7. [Step Pamphlets 1 to 12](#) - Set of 12 pamphlets. Steps one through twelve.
8. [Using the Twelve Traditions](#) – The Twelve Traditions explained.
9. [Welcome to Co-Dependents Anonymous](#) – Includes the CoDA Welcome and the Twelve Steps. Perfect for the newcomer.
10. [What is CoDA?](#) - An Introduction to Co-Dependents Anonymous – Features a basic list of characteristics for self-evaluation.
11. [What is Codependency? A Checklist](#) - A checklist of characteristics, behaviours, and attitudes that might be helpful. eg: I must be “needed” in order to have a relationship with others.
12. [Your First Meeting](#) – A pamphlet for clients of professionals and new members.

Other Resources:

1. [CoDA Fellowship Forum Audio Recordings](#) - These are Forums (similar to podcasts) that take place on Zoom on the last Saturday of each month and on occasional mid-month weekends. The content consists of 1 or more speakers discussing a variety of CoDA-related topics.
 - To receive email reminders of upcoming Forums please sign up [HERE](#) OR send an email to codaff@codaff.org.