

CoDA Literature Description

[Literature Store](#)

BOOKS & WORKBOOKS

1. [CoDA Blue 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*.
[ELECTRONIC EDITION - CoDA Blue Book](#)
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 a larger print.
3. [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.
[ELECTRONIC EDITION - In This Moment Daily Meditation Book](#)
4. [Joy in the Journey: Recover With Color](#) - A coloring book for codependents on our path towards recovery, using the steps, traditions, and promises.
5. [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.
[ELECTRONIC EDITION - The Twelve Steps & Twelve Traditions Workbook](#)

BOOKLETS

1. [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.
[ELECTRONIC EDITION - Being of Service in CoDA](#)
2. [Building CoDA Community: Healthy Meetings Matter](#) – An overview of what a healthy meeting might look like.
[ELECTRONIC EDITION - Building CoDA Community: Healthy Meetings Matter](#)
[FREE DOWNLOAD - Building CoDA Community: Healthy Meetings Matter](#)

3. [Common Threads of Codependency](#) – Codependents talk about codependency, recovery, relapse, and authenticity.
[ELECTRONIC EDITION - Common Threads of Codependency](#)
4. [Experiences with Crosstalk](#) – Experience, strength, and hope in what crosstalk is and how some members deal with it.
5. [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.
[ELECTRONIC EDITION - Making Choices](#)
6. [Newcomers Handbook](#) – A detailed description of the CoDA program.
[ELECTRONIC EDITION - Newcomers Handbook](#)
7. [Peeling the Onion](#) – Characteristics of codependents revisited – codependents look at love, sex, & relationship addiction and avoidance.
8. [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.
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](#)
14. [Twelve Steps Handbook](#) – A detailed look at each of the Twelve Steps and how they apply to daily life.
[ELECTRONIC EDITION - Twelve Steps Handbook](#)

PAMPHLETS

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.

[FREE DOWNLOAD - All Pamphlets above \(scroll to Tab #4\)](#)

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 occasional mid-month weekends. The content consists of 1 or more speakers discussing a variety of CoDA-related topics.
 - The Forums are recorded and can be found [HERE](#).
 - To receive email reminders of upcoming Forums please sign up [HERE](#) OR send an email to codaff@codaff.org.