



Hi I'm Bill and I'm Old: Reinventing My Sobriety for the Long Haul

William Alexander

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"Funny, courageous, and empowering. In exploring the richness of his own life, Alexander celebrates and invites us to discover the uniqueness and wisdom within ourselves. This book is a gift to those of us who are old, and even more, perhaps, to those who are young." Zen Master Dennis Genpo Merzel, author of *Big Mind, Big Heart: Finding Your Way*,

"Moving between the intimacy of self-revelation and the universality of spiritual wisdom, Alexander takes us on an absorbing and illuminating journey to the outer edges of life." Kevin Griffin, author of *One Breath at a Time: Buddhism and the Twelve Steps*

Out of author William Alexander's personal reflections and hard-won insights emerges an unconventional approach to the challenges of achieving and maintaining real sobriety--"a radical way of living on this earth, endlessly honest, open, and willing"--that come with aging. Beginning with the admission that we are as powerless over growing old as we are over our addictions, Bill takes readers on a journey of discovery and, in doing so, overturns the clichés of age, revealing how he was able to let go of old ideas about "self," experience meditation in a new light, and discover the virtues of simplicity. With one foot planted in the principles of AA, and the other in his ever-evolving personal spiritual journey blending Eastern and Western traditions, *Hi, I'm Bill and I'm Old* helps people in recovery embrace the unique challenges that come with age as lessons for reinventing their own sobriety.

William Alexander is a writer, storyteller, and teacher who leads sobriety workshops at such venues as Union Theological Seminary, the Esalen Institute, and Hazelden Foundation. He is the author of Cool Water and Still Waters.

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