

A NOTE FROM FA IN 2025

Today A Better Way is a member-written book of daily readings, compiled in the late 1980s and first published in 1991. The medical, psychological, and addiction-treatment fields have undergone profound changes in the more than three decades since then. Keeping up with these changes, FA's other publications have been, or are being, revised to use gender-neutral terminology, *Higher Power* rather than *God*, and *a person with substance use disorder* rather than *an addict*.

In *TABW*, however, we have largely opted to retain the terminology used by the authors of these 366 readings, in deference to the authors and to the tens of thousands of other FA members to whom this book has provided comfort and insight over these many years.

When reading *TABW* passages aloud during group meetings, you may prefer to substitute other terminology with which you are more comfortable. We welcome and encourage you to do so.