"Principles to Practice" from Chapters 8 & 9: "To Wives" & "The Family Afterwards"

1. Page 111, ¶1: "The first principle of success is that you should never be angry."
2. Page 111, ¶1: "Patience and good temper are most necessary."
3. Page 111, ¶2: "Our next thought is that you should never tell him what he must do..."
4. Page 111, ¶3: "Do not set your heart on reforming..."
5. Page 111, ¶4: "Your husband may come to appreciate your reasonableness and patience."
6. Page 111, ¶4: "Be sure you are not critical during such a discussion."
7. Page 111, ¶4: "Let him see that you want to be helpful rather than critical."
8. Page 113, ¶1: "Avoid urging him to follow our program."
10. Page 115, ¶1: "But you must be on guard not to embarrass or harm..."
11. Page 115, ¶3: "...it is best not to take sides in any argument..."
12. Page 115, ¶3: "Use your energies to promote a better understanding all around."
13. Page 116, ¶0: "...be careful not to be resentful..."
14. Page 116, ¶3: "Now we try to put spiritual principles to work in every department of our lives."
15. Page 117, ¶2: "[Faith and sincerity] should be regarded as part of your education, for thus you will be learning to live."
16. Page 117, ¶3: "Just be careful not to disagree in a resentful or critical spirit."
17. Page 118, ¶2: "Patience, tolerance, understanding and love are the watchwords. Show him these things in yourself and they will be reflected back to you from him."
18. Page 118, ¶2: "Live and let live is the rule."
19. Page 118, ¶2: "If you both show a willingness to remedy your own defects, there will be little need to criticize each other."
20. Page 119, ¶0: "When resentful thoughts come, try to pause and count your blessings."
21. Page 119, ¶2: "If you cooperate, rather than complain, you will find that his excess enthusiasm will tone down."
22. Page 119, ¶2: "Both of you will awaken to a new sense of responsibility for others."
23. Page 120, ¶0: "You, as well as your husband, ought to think of what you can put into life instead of how much you can take out."
24. Page 120, ¶1: "You need not remind him of his spiritual deficiency - he will know of it."
25. Page 120, ¶1: "Cheer him up and ask him how you can be still more helpful."
26. Page 120, ¶3: "If a repetition is to be prevented, place the problem, along with everything else, in God's hands."
27. Page 122, ¶1: "All members of the family should meet upon the common ground of tolerance, understanding and love."
28. Page 123, ¶3: "...he shouldn't be reproached [criticized]."
29. Page 124, ¶1: "We grow by our willingness to face and rectify errors and convert them into assets."
30. Page 124, ¶2: "Cling to the thought that, in God's hands, the dark past is the greatest possession you have - the key to life and happiness for others."
32. Page 125, ¶1: "We do talk about each other a great deal, but we almost invariably temper such talk by a spirit of love and tolerance."

33. Page 125, ¶2: "Another principle we observe carefully is that we do not relate intimate experiences of another person unless we are sure he would approve."

34. Page 127, ¶0: "They should be thankful he is sober and able to be of this world once more."

35. Page 127, ¶0: "Let them praise his progress."

36. Page 127, ¶0: "...his periods of crankiness, depression, or apathy... will disappear when there is tolerance, love, and spiritual understanding."

37. Page 127, ¶2: "He is not likely to get far in any direction if he fails to show unselfishness and love under his own roof."

38. Page 127, ¶3: "These family talks will be constructive if they can be carried on without heated argument, self-pity, self-justification or resentful criticism."

39. Page 128, ¶0: "Giving, rather than getting, will become the guiding principle."

40. Page 130, ¶2: "Nothing will help the man who is off on a spiritual tangent so much as the wife who adopts a sane spiritual program, making a better practical use of it."

41. Page 131, ¶2: "At the very beginning, the couple ought to frankly face the fact that each will have to yield here and there if the family is going to play an effective part in the new life."

42. Page 131, ¶2: "New acquaintances who know nothing of alcoholism might be made and thoughtful considerations given their needs."

43. Page 132, ¶0: "Each individual should consult his own conscience."

44. Page 132, ¶1: "We absolutely insist on enjoying life."

45. Page 132, ¶1: "We try not to indulge in cynicism over the state of the nations, nor do we carry the world's troubles on our shoulders."

46. Page 132, ¶2: "So we think cheerfulness and laughter make for usefulness."

47. Page 132, ¶4: "So let each family play together or separately, as much as their circumstances warrant."

48. Page 133, ¶0: "We are sure God wants us to be happy joyous and free."

49. Page 133, ¶0: "Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence."

50. Page 135, ¶0: "Seeing is believing to most families who have lived with a drinker."

51. Page 135, ¶4 "We have three little mottoes which are apropos. Here they are:"
First Things First
Live and Let Live
Easy Does It