

# Bill Wilson: His Life and the Creation of Alcoholics Anonymous

William Griffith Wilson, known affectionately as Bill W., was an American co-founder of Alcoholics Anonymous (AA). Born in East Dorset, Vermont, in 1895, Bill struggled with alcoholism throughout his early adulthood. After several failed attempts at sobriety, he had a profound spiritual experience in 1935, which led to his recovery and the founding of AA.



## My Name Is Bill: Bill Wilson--His Life and the Creation of Alcoholics Anonymous by Susan Cheever

★★★★☆ 4.7 out of 5

Language : English  
File size : 15901 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 322 pages



## Early Life and Struggles with Alcoholism

Bill Wilson's childhood was marked by both privilege and instability. His father, a wealthy businessman, provided a comfortable upbringing, but his parents' marriage was tumultuous, and they divorced when Bill was 11 years old. This early trauma left a lasting impact on Bill's emotional development, and he began drinking alcohol as a teenager to cope with his feelings.

After graduating from high school, Bill attended Norwich University, a military college in Vermont. He excelled academically and became a star athlete, but his drinking continued to escalate. By the time he graduated, he was a full-blown alcoholic, unable to control his consumption.

### **Attempts at Sobriety and the Oxford Group**

In the following years, Bill made several attempts to get sober, including stints in sanitariums and under the care of medical professionals. However, each attempt ended in relapse. Desperate for a way out of his alcoholism, Bill sought help from the Oxford Group, a Christian fellowship known for its emphasis on spiritual awakening and personal change.

Through the Oxford Group, Bill met Dr. Robert Smith, a surgeon who had also struggled with alcoholism and found recovery through spiritual principles. Smith introduced Bill to the concept of a "Higher Power" and the importance of seeking support from others who understood his condition.

### **The "Big Book" and the Founding of AA**

In 1935, Bill had a profound spiritual experience that would change the course of his life forever. While hospitalized for a severe hangover, he had a vision of a bright light and heard a voice telling him that he could recover from alcoholism by helping others.

Inspired by this experience, Bill joined forces with another recovering alcoholic, Dr. Bob Smith, to form Alcoholics Anonymous. They began sharing their stories and experiences with other alcoholics, emphasizing the importance of admitting powerlessness over alcohol, connecting with a Higher Power, and making amends for past wrongs.

In 1939, they published the "Big Book," the foundational text of AA, which outlined the Twelve Steps of Recovery and the principles and traditions of the fellowship. This book became a beacon of hope for countless alcoholics and has been instrumental in helping millions of people achieve sobriety.

## The Legacy of Bill Wilson

Bill Wilson's legacy extends far beyond his own recovery. Through the founding of Alcoholics Anonymous, he created a global community of support and recovery for individuals struggling with addiction. AA has become one of the most successful recovery programs in the world, helping countless people to break free from the chains of alcoholism.

Bill Wilson's life and work taught us that even in the darkest of times, there is hope for recovery. His story is a testament to the power of human connection, spiritual awakening, and the unwavering belief in the possibility of change.

Bill Wilson passed away in New York City in 1971, at the age of 76. He is remembered as a pioneer in the field of addiction recovery and an inspiration to generations of alcoholics seeking sobriety.



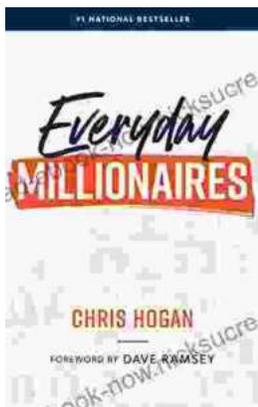
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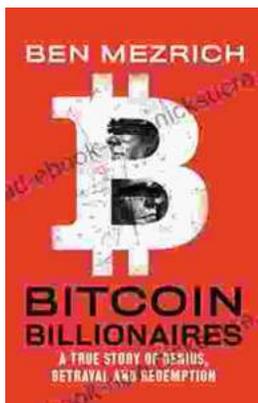
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