



Journaling to Recovery / Your Personal Reflections Using the Twelve Step Program

Barbara S. Weiner

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Journaling to Recovery / Your Personal Reflections Using the Twelve Step Program Barbara S. Weiner
Barbara Weiner has created a useful and inspiring guide for the journaler in recovery. Its unique design enables the writer to see his or her progress over time, as multiple journals are utilized. There is a chapter for each of the Twelve Steps, along with chapters to examine character strengths, character defects, personal issues, and life goals. The Twelve Steps are reworked so as to be appropriate for any addiction, habit, or personality.

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