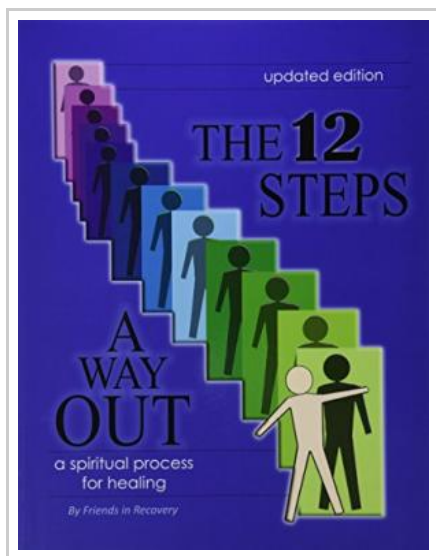




The 12 Steps: A Way Out: A Spiritual Process for Healing Damaged Emotions

By Friends in Recovery

RPI Publishing. Paperback. Book Condition: New. Paperback. 229 pages. Dimensions: 10.9in. x 8.5in. x 0.6in. Download a FREE writing guide to accompany this eBook. Send your Amazon purchase order confirmation number to inforpipublishing.com and the PDF file will be emailed to you. The Twelve Steps - A Way Out is the first twelve-step workbook published for adults who were reared in addictive and other dysfunctional families. This Revised Edition continues to be a transformational tool for those who seek healing from the hurtful effects of life events and experiences that influence their current views and choices. The 12 Steps - A Way Out becomes a road map on the journey toward lasting change and healing. It leads us through a process of self-disclosure by acceptance a power greater than ourselves, rather than relying on our will alone. The path toward wholeness is one of surrender to our Higher Power. For a useful companion book, refer to Prayers for The 12 Steps A Way Out. This book offers a specific format for moving from isolation and denial to acceptance and competence in dealing with feelings of anger, guilt, fear and despair. By releasing the past and opening up to the present,...



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