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The Life Recovery Journal: Becoming a New You - One Step at a Time

By Stephen Arterburn, David Stoop



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Inspired by the best-selling *Life Recovery Bible*, *The Life Recovery Journal* provides users with a vehicle for sorting through, internalizing, and documenting their journey towards recovery via 52 guided entries, based on the Twelve Steps. The journal offers readers two different approaches to the material (seasonal and monthly), both of which are complemented by the following: Introductory readings based on information found in the Life Recovery Bible and Workbook, specially-selected Scripture verses, questions for personal reflection, sidebar prompts, and prayer starters. *The Life Recovery Journal* asks open-ended, thought provoking questions to encourage introspective responses. It encourages the active integration of the Bible and the Twelve Steps into daily life. It provides helpful writing prompts to encourage deeper thinking. The open format provides participants with plenty of journaling space, as well as room for notes and Bible references.



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- Sales Rank: #85485 in Books
- Brand: Tyndale House Publishers
- Published on: 2009-07-01
- Original language: English
- Number of items: 1
- Dimensions: 8.80" h x .40" w x 5.80" l, .35 pounds
- Binding: Paperback
- 128 pages

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Editorial Review

From the Back Cover

No matter which way I turn, I can't make myself do right: I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. ?Romans 7:18-19

As any person in recovery could tell you, the process can be frustrating. Reflection, writing, and prayer often play a huge part in helping people toward recovery, but blank pages in a journal can sometimes be intimidating rather than therapeutic.

So *The Life Recovery Journal* has been carefully designed for all of us whose lives have been touched in some way by addiction or compulsive behaviors. The journal includes these helpful features:

- Prompts to jump-start your writing
- Inspirational quotes from Scripture
- Questions to guide reflection on your journey toward recovery
- Thoughtful prayers

This journal has been created to guide you through the recovery process and to focus on the development of your heart, soul, mind, and strength. All of the questions and quotations have been selected to help you write open-ended, honest reflections, to reinforce what you're learning, and to give insight into recovering as a whole person.

Users Review

From reader reviews:

Rebecca Shadwick:

The book *The Life Recovery Journal: Becoming a New You - One Step at a Time* gives you the sense of being enjoy for your spare time. You can utilize to make your capable more increase. Book can being your best friend when you getting tension or having big problem with the subject. If you can make looking at a book *The Life Recovery Journal: Becoming a New You - One Step at a Time* to get your habit, you can get more advantages, like add your capable, increase your knowledge about some or all subjects. It is possible to know everything if you like wide open and read a e-book *The Life Recovery Journal: Becoming a New You - One Step at a Time*. Kinds of book are several. It means that, science reserve or encyclopedia or other people. So , how do you think about this e-book?

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The Life Recovery Journal: Becoming a New You - One Step at a Time can be one of your starter books that are good idea. Most of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to put every word into delight arrangement in writing The Life Recovery Journal: Becoming a New You - One Step at a Time although doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information may drawn you into brand-new stage of crucial contemplating.

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