



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

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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