



Reflections on the Twelve Steps: A Companion to Freedom

Lisa O'Brien

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This book of daily reflections provides insightful wisdom for anyone curious about the spiritual freedom that the Twelve Steps provide. It communicates the realities of journeying through addictions of all kinds and offers clear direction for the next step. The author also draws deeply profound connections that highlight the similarities between the path toward freedom from addiction and the path toward lasting spiritual formation. The author's personal reflections come directly from her own experiences and she shares them with authenticity and courage. This book is a great companion for anyone looking to discover life-giving liberation through spiritual growth.

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