

Step Aa Repairing The Past: A Transformational Guide to Healing and Growth

If you have experienced trauma or adversity, you know that the past can have a powerful grip on the present. Trauma can lead to a variety of mental and emotional health problems, including anxiety, depression, PTSD, and addiction. It can also damage our relationships, our careers, and our overall well-being.



Step 9 AA Repairing the Past: Hazelden Classic Step Pamphlets by Dominique Kaneza

★★★★☆ 4.5 out of 5

Language : English
File size : 3224 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 13 pages



The good news is that it is possible to heal from trauma and adversity. With the right help, you can overcome the challenges of the past and build a more fulfilling future.

Step Aa Repairing The Past is a comprehensive guide to healing and growth for those who have experienced trauma or adversity. This book offers a step-by-step approach to recovery, with practical tools and

exercises to help readers overcome the challenges of the past and build a more fulfilling future.

Step Aa Repairing The Past is based on the principles of the twelve steps of Alcoholics Anonymous. However, this book is not just for people who are struggling with addiction. The principles of the twelve steps can be applied to any type of trauma or adversity.

The twelve steps are a set of spiritual principles that can help us to heal from the past and grow into healthier, happier people. The steps involve admitting our powerlessness over our addiction or trauma, surrendering to a higher power, making a searching and fearless moral inventory of ourselves, making amends to those we have harmed, and continuing to grow spiritually.

Step Aa Repairing The Past offers a practical, step-by-step approach to working the twelve steps. This book includes exercises, meditations, and prayers to help you on your journey of recovery.

If you are ready to heal from the past and build a more fulfilling future, Step Aa Repairing The Past is the book for you. This book offers a comprehensive, step-by-step approach to recovery, with practical tools and exercises to help you overcome the challenges of the past and build a more fulfilling future.

Benefits of Step Aa Repairing The Past

- Offers a comprehensive, step-by-step approach to healing from trauma or adversity
- Based on the principles of the twelve steps of Alcoholics Anonymous

- Includes exercises, meditations, and prayers to help you on your journey of recovery
- Can help you to overcome the challenges of the past and build a more fulfilling future

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Start your journey of healing and growth today with Step Aa Repairing The Past.

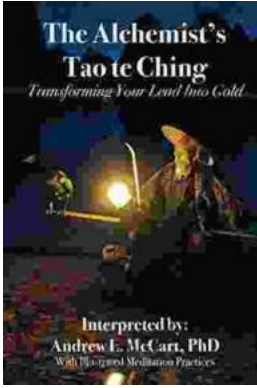


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