



## A Recovery Journal: For Exploring Who I am

By Anonymous, Anonymous Anonymous

Hazelden Information & Educational Services. Other merchandise. Book Condition: new. BRAND NEW, A Recovery Journal: For Exploring Who I am, Anonymous, Anonymous Anonymous, For those recovering from an addiction, keeping a journal can be a healing experience yet can also be a trip into uncharted territory. This combined workbook and journal provides a gentle introduction to the healing power of journaling. You'll discover how to play with words, write through anxiety, and discover your writer's memory even if the only thing you've ever written is an e-mail. The book's pages are designed with ample lined space to write your ideas and are enhanced with simple black-and-white line illustrations. The book opens flat for easy writing.



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