



## 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 experienceyet can also be a trip into uncharted territory. This combined workbook and journal provides a gentle introduction to the healing power of journaling. Youll discover how to play with words, write through anxiety, and discover your writers memoryeven if the only thing youve ever written is an e-mail. The books 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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