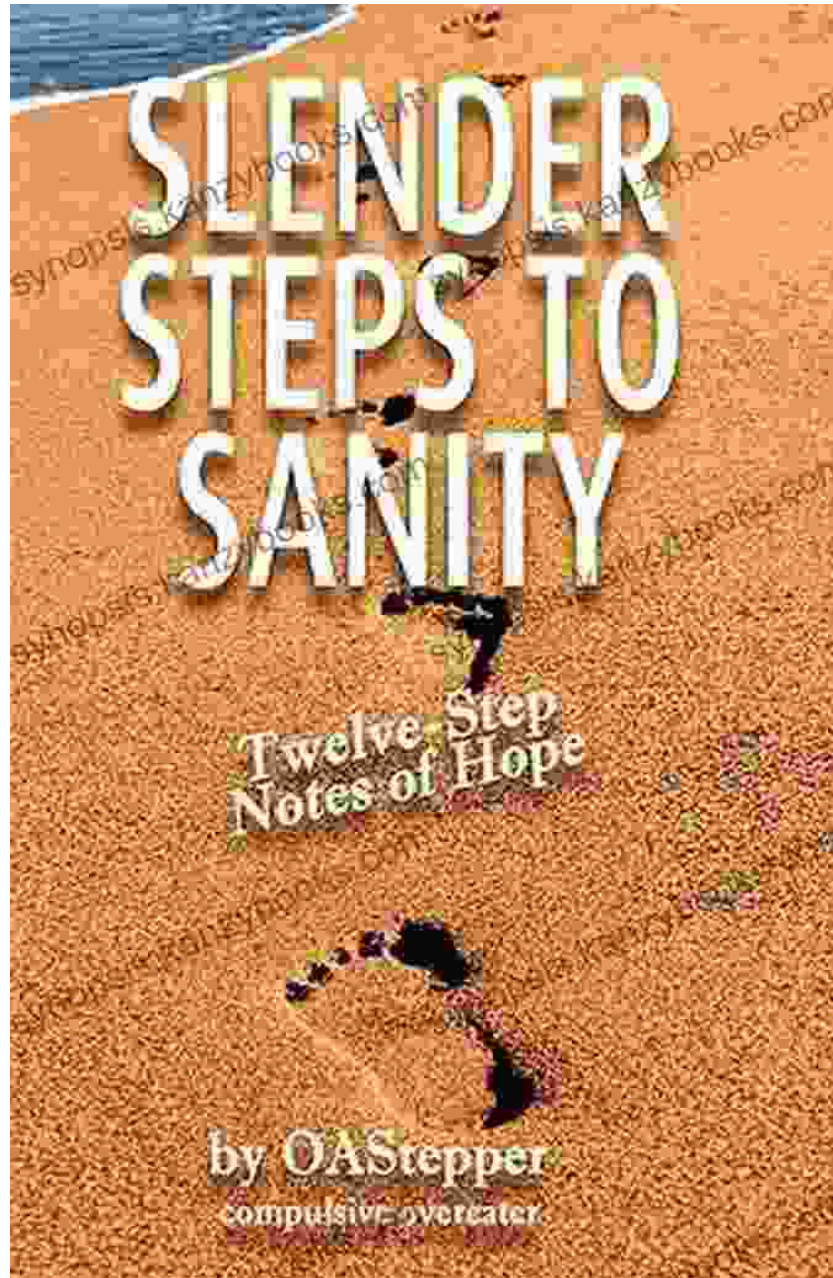


Slender Steps to Sanity: Twelve Step Notes of Hope



Slender Steps to Sanity is a book that offers hope and guidance to those struggling with mental illness. This book contains twelve step notes that

can help readers understand their illness, manage their symptoms, and recover their lives.



Slender Steps to Sanity - Twelve-Step Notes of Hope

by Jamie Botello

★★★★☆ 4.2 out of 5

Language : English
File size : 485 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 206 pages
Lending : Enabled



The twelve step notes in this book are based on the principles of Alcoholics Anonymous (AA). AA is a fellowship of people who have recovered from alcoholism. The twelve steps of AA have helped millions of people to achieve sobriety. The twelve step notes in this book have been adapted for people with mental illness. They can help readers to understand their illness, manage their symptoms, and recover their lives.

The twelve step notes in this book are:

1. We admitted we were powerless over our mental illness and that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.

3. We made a decision to turn our will and our lives over to the care of God as we understood Him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

These twelve step notes can help readers to understand their illness, manage their symptoms, and recover their lives. They can help readers to find hope and healing.

If you are struggling with mental illness, this book can help you. The twelve step notes in this book can help you to understand your illness, manage your symptoms, and recover your life.

Free Download your copy of Slender Steps to Sanity today.

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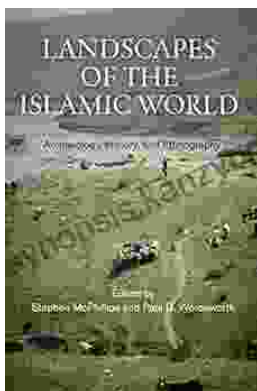


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