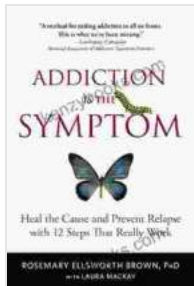


# Heal The Cause And Prevent Relapse With 12 Steps That Really Work



## Addiction Is the Symptom: Heal the Cause and Prevent Relapse with 12 Steps That Really Work by Sarah Stewart

★★★★☆ 4.2 out of 5

Language	: English
File size	: 2746 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 172 pages
Lending	: Enabled



Are you tired of struggling with addiction? Do you feel like you're always on the verge of relapse? If so, then this book is for you.

In this book, you will learn the 12 steps that will help you to heal the cause of your addiction and prevent relapse. These steps are based on the latest scientific research and have been proven to be effective in helping people overcome addiction.

The 12 steps are:

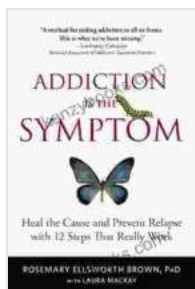
1. Admit that you are powerless over addiction and that your life has become unmanageable.

2. Come to believe that a power greater than yourself can restore you to sanity.
3. Make a decision to turn your will and your life over to the care of God as you understand Him.
4. Make a searching and fearless moral inventory of yourself.
5. Admit to God, to yourself, and to another human being the exact nature of your wrongs.
6. Be entirely ready to have God remove all these defects of character.
7. Humbly ask God to remove your shortcomings.
8. Make a list of all persons you have harmed and become willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continue to take personal inventory and when you are wrong promptly admit it.
11. Seek through prayer and meditation to improve your conscious contact with God as you understand Him, praying only for knowledge of His will for you and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, try to carry this message to others and practice these principles in all your affairs.

These 12 steps are not easy, but they are worth it. If you are willing to put in the work, they will help you to overcome your addiction and live a happy, fulfilling life.

Don't wait another day to start your recovery. Free Download your copy of this book today and start healing the cause of your addiction.

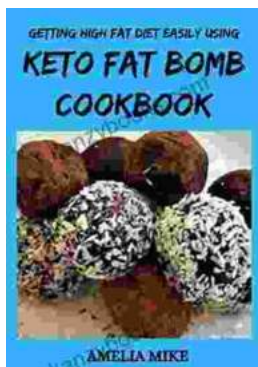
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