



Remembering Who We Are : a workbook: a practical guide to a restored life based on an adaptation of AA's 12 steps

Carol Preston

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Affected by addictions? Who does not know someone suffering from addiction or someone suffering from the effects of a loved one's addiction or someone who is well into a life restored from the destruction of addiction only to find other avenues of escape? Living in an age that encourages the forgetting of our tender innocence, born from the perfect design and purpose of our Creator, forgetting who we were created to be. Attempting to silence the voice of one's spirit to avoid the discovery of one's life purpose, then it is easy to fall prey to the seduction of the world of addiction. Many times we leave behind who we think we are, who we think we are supposed to be to better fit the ideas of those we love, many times painfully forgetting our unique gifts and talents for fear of rejection or failure. Some of us have tried to mold not only our lives, but others too as we drag them along, trying to fit into ideas that are not true to our purpose, leading a life of false identity instead of true destiny. Remembering Who We Are: a workbook based on an adaptation of AA's 12 steps is an experience, a process toward creating an environment for healing and restoration. Carol has brought together, not only her experience using the tools outlined, but suggestions from countless others who have used this guide to bring to you the best tools for 'working' the 12 steps of recovery. She has guided countless others desiring a life restored, a soul recovered, through this process and she has included in the last chapter a simple outline and guide for those desiring to use this process within a small group setting. This workbook is a manageable and practical guide for persons affected by addictions and this too is an entry into a more disciplined spiritual life, a step by step journey to uncover forgotten dreams and purpose for living. Offering loving guidance, creative tools and gentle honesty Carol guides you on a personal and intimate journey, applying the tools outlined, toward

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Lynda Alford:

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Delmar Stingley:

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information could draw you into new stage of crucial pondering.

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