



Building Blocks of Recovery- the Journal Pages

Sandra Kozlowski

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Much wisdom in healing has said that when addicts "ruminate" on our problems, we are keeping company with the one who got us sick. One of the ways to learn the discipline that we need to recover is to learn to focus and write down our thoughts. You will find that this will allow you to create a path out of the "wilderness" of pain and into a life filled with joy! This beautiful journal is a companion to any healing journey, whether you are new to the Building Blocks of Recovery family or have been with us for awhile. The beautiful color pages, life affirming messages and quotes, and space for you to begin to heal whatever is troubling you has been put together in a loving book. This simple tool is a perfect addition to the library of our Kindle and 2nd Edition readers! Or maybe you just want to start on your healing journey in a new way. Full color with affirmations and coloring pages help you to begin on the path to healing fresh! Namaste

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