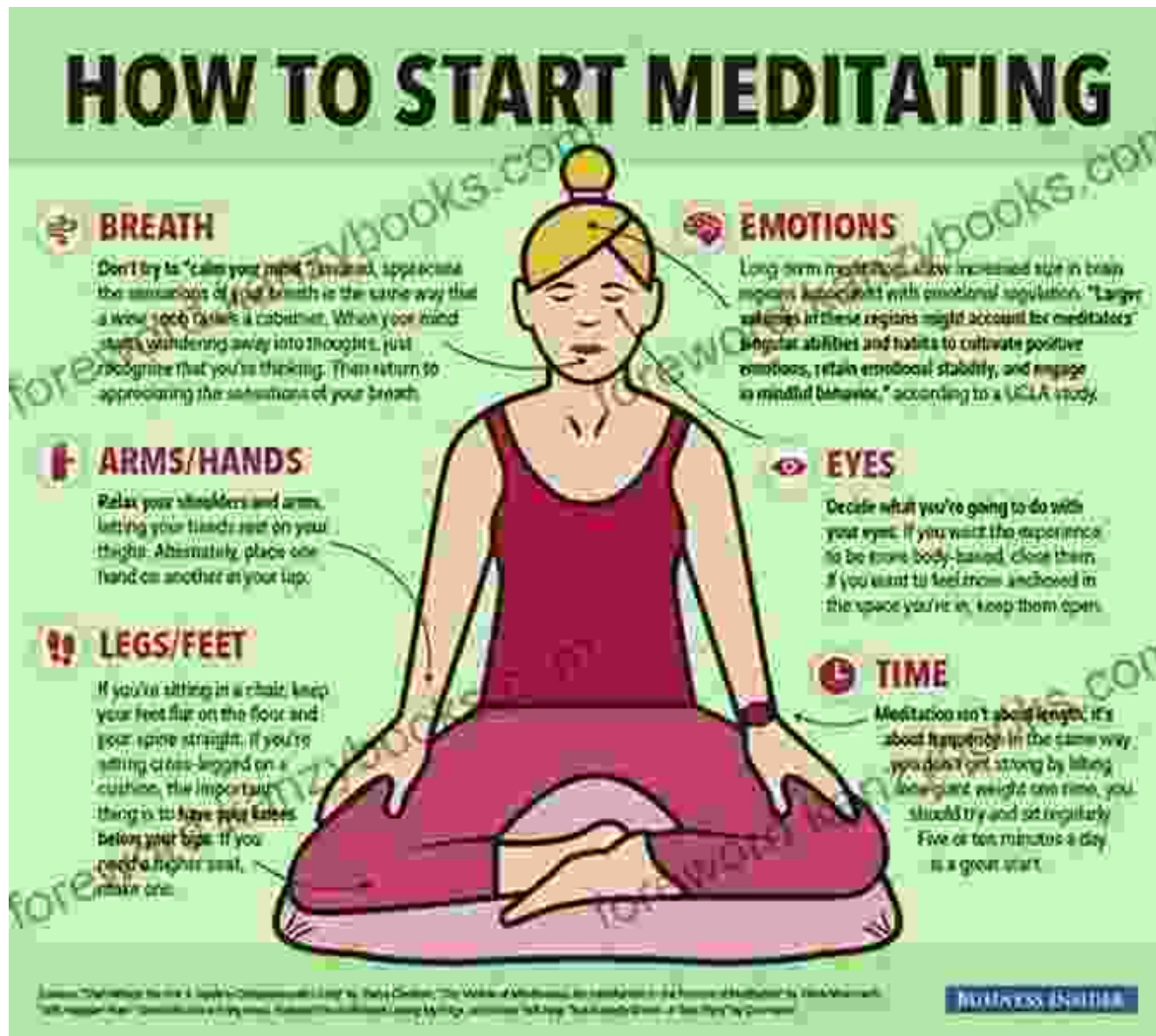


Being Intentional With Step 11: Using Prayer Meditation To Work All The Steps



Practicing the Here and Now: Being Intentional with Step 11, Using Prayer & Meditation to Work All the Steps by Herb K

★★★★☆ 4.8 out of 5

Language : English

File size : 634 KB

Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 185 pages



A Transformative Guide to Addiction Recovery

In the realm of addiction recovery, Step 11 holds a unique significance. It invites us to seek a higher power's will for our lives and to pray for guidance and strength. However, navigating Step 11 can be a daunting task, particularly for those who struggle to connect with traditional forms of spirituality.

In "Being Intentional With Step 11: Using Prayer Meditation To Work All The Steps," Dr. Debra L. Jay empowers readers to cultivate a profound relationship with their higher power through the transformative practice of prayer meditation. This comprehensive guide provides a step-by-step framework for integrating prayer meditation into your recovery journey, allowing you to:

- Deepen your understanding of Step 11 and its transformative potential
- Uncover the power of prayer meditation as a tool for self-reflection, healing, and personal growth
- Develop a personalized prayer meditation practice that aligns with your unique needs and beliefs

- Integrate prayer meditation into each step of the recovery program, fostering a holistic approach to healing
- Cultivate a profound connection with your higher power, finding guidance, strength, and purpose in your recovery

A Journey of Self-Discovery and Empowerment

Dr. Jay's approach to Step 11 is grounded in the belief that spirituality is not synonymous with religion. Instead, she defines spirituality as a deeply personal experience that connects us to something greater than ourselves. Through prayer meditation, readers embark on a journey of self-discovery and empowerment, fostering a profound sense of purpose and meaning in their recovery.

The book is meticulously crafted to guide readers through each stage of the prayer meditation process. Step-by-step instructions provide a clear framework for cultivating a consistent and meaningful practice. Dr. Jay also offers practical tips and techniques for overcoming common challenges, empowering readers to navigate their recovery journey with confidence.

Healing Through Authenticity

At the heart of "Being Intentional With Step 11" lies the profound belief that healing comes through authenticity. Dr. Jay encourages readers to embrace their true selves, acknowledging both their strengths and imperfections. Through prayer meditation, readers are guided to connect with their inner wisdom, uncovering the innate resilience and potential within themselves.

By integrating prayer meditation into Step 11, readers can transcend the limitations of addiction and cultivate a fulfilling and purpose-driven life. "Being Intentional With Step 11: Using Prayer Meditation To Work All The Steps" is an invaluable resource for anyone seeking a deeper connection with their higher power, a transformative recovery experience, and a life filled with meaning and purpose.

Free Download Your Copy Today!

Take the first step towards a transformative recovery journey by Free Downloading your copy of "Being Intentional With Step 11: Using Prayer Meditation To Work All The Steps" today. This comprehensive guide will empower you to unlock the transformative potential of Step 11, empowering you to live a life free from addiction and filled with purpose and meaning.

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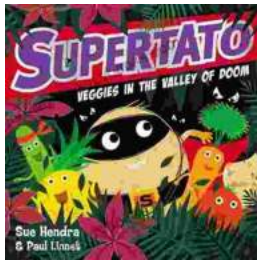
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