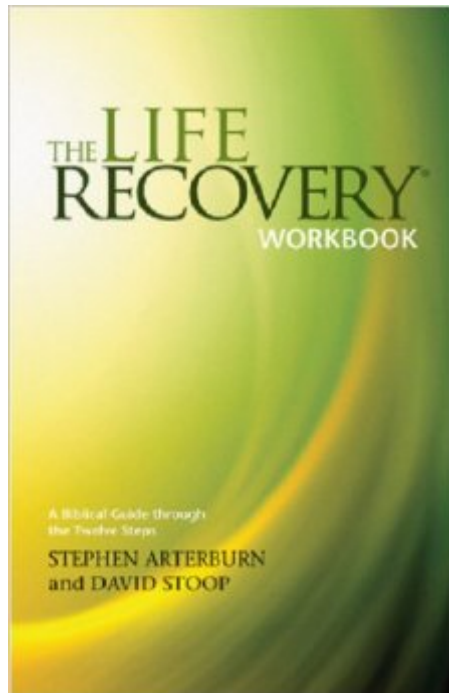


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# The Life Recovery Workbook: A Biblical Guide Through The Twelve Steps



## Synopsis

As a complement to The Life Recovery Bible (more than 800,000 copies sold), The Life Recovery Workbook leads the recovering addict into reflection and practical application. By placing the 12 steps of recovery into a firm biblical context, the workbook brings scriptural principles into personal focus. Contemporary Recovery Profiles, expanded descriptions of each of the 12 steps, and open-ended questions work in unison with The Life Recovery Bible. Far more than just teaching about the 12 steps, the workbook is a guide to an in-depth working of the steps, making the principles of recovery come alive for one day at a time living.

## Book Information

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Average Customer Review: 4.8 out of 5 stars See all reviews (118 customer reviews)

Best Sellers Rank: #4,649 in Books (See Top 100 in Books) #2 in Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery #9 in Books > Christian Books & Bibles > Worship & Devotion > Meditations #11 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

## Customer Reviews

I have been in a 12 step program for 3 years. The God of my understanding has always been the God of the Bible. However, until I began my recovery journey with the Life Recovery Bible and the Life Recovery workbook, I did not truly understand how to benefit from experiences of the characters in the Bible and apply the 12 steps in my Christian journey. The Life Recovery Workbook uses both modern testimonials and stories from the bible characters to walk me through the steps, helps me ask and answer the hard questions and face the Truth about myself that is helping set me free from my addictions. As my faith grows and I continue to work through the steps in a biblical format, I am experiencing a peace and serenity like never before. Thank you Steven Arterburn and David Stoop for providing a tool that is helping change my life!

The workbook lines up nicely with the Life Recovery Bible. I recommend it more for the person who is working the steps for the first time. The workbook, when used with the Life Recovery Bible really helps with understanding the 12 steps from a Godly perspective.

I always appreciate anything that is done in connection with the Life Recovery Bible. It is the best thing out there that focuses on clear biblical principles for true recovery verses short lived coping skills. The Life Recover Workbook (12 Step Guide) is a perfect companion. ~~~ "Everyone is recovering from something." I don't know who said that first, but it is true, and everyone can benefit from going through the 12 steps. The workbook is a perfect way to do that in a group or on your own.

This has been a workbook that I have gotten for those coming into a 12 step program for recovery. It has been wonderfully helpful and informative for their spiritual growth....thank you. susan

I am working through this book and my matching Recovery Bible, and I feel any person, in or out of recovery, could benefit from this study. It makes a person take a clear, hard look at their heart, motives, and mindset. If a person has some insight and is honest with themselves it is a priceless study.

I have the Life Recovery bible, workbook and journal. I am a Christian recovering addict. I purchased these items to help me continue in recover after completing treatment. The journal works with the Recovery bible to guide you through the 12 steps. The questions are designed to really make you dig deep into your behavior patterns so you can begin to let God deal with those issues that contribute to addictive and compulsive behavior. The workbook is a little small and I intend to work through it more than once, so I write my answers in a notebook.

Serving in jail ministry, but never having to deal with the life of addiction, per se, I wanted to learn so that I can help the women I talk with. This workbook is tough. My drug of choice is food, and I'm working each step with that in mind. The book helps you work through each of the 12 Steps, asking tough questions to make you dive deeper into the crux of that addiction and how to seek recovery.

I buy these as gifts for people who are in recovery. I have a great request for them. It really helps them in developing a closer walk with God and understanding the power of Grace, forgiveness and

love through Christ having power over their recovery. They don't have to go through recovery alone, and they don't have to go through depression, guilt and regrets when they are recovering and walking with the Lord who loves them.

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