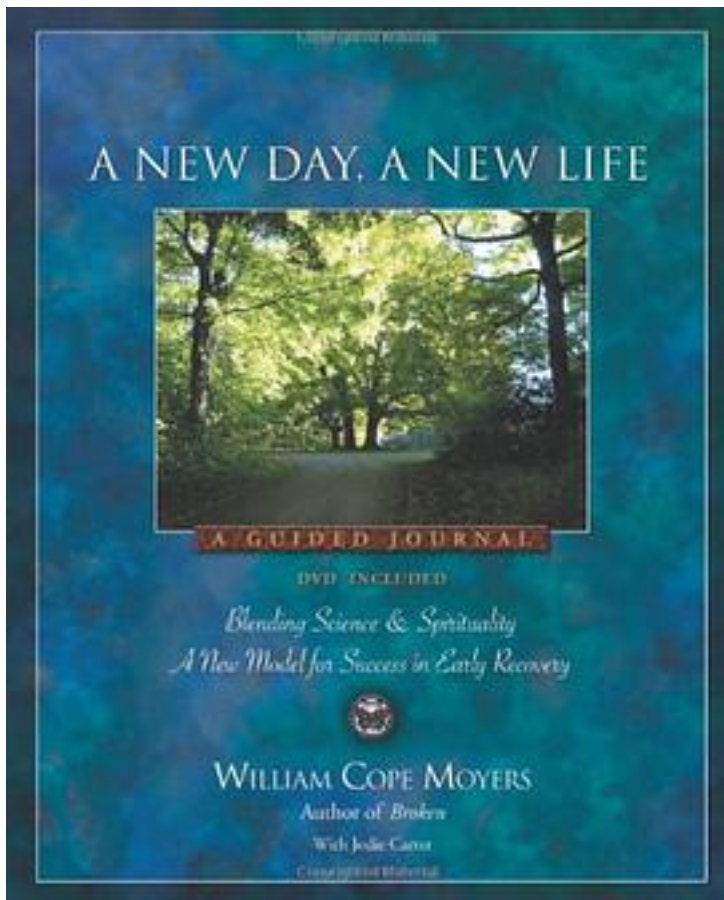


# A New Day, a New Life



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Grounded in both addiction science and Twelve Step spirituality, A New Day, A New Life--a guided journal and video--is designed to serve as a steadfast companion for those facing the challenges and joys of early recovery. The video features an intimate, candid discussion between best-selling author and recovery advocate William Cope

Moyers and a diverse group of people in recovery. By sharing their personal experiences, they give people who are newly sober a breadth of knowledge about what it takes to stay on track. The journal--consisting of daily inspirational and educational messages, meditations, prayers, and affirmations, as well as space for writing thoughts and feelings--helps readers connect the knowledge that they have drawn from the video to their own experiences with addiction and sobriety.

作者介绍:

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