



Twelve Step Program Workbook: The Genesis System for Self-Improvement

Jr., F. Russell Crites

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This particular workbook addresses the twelve steps that may be taken to help you heal more efficiently. The steps are broken down to show whether or not there is an internal, an external element to each step. Some steps actually require both an internal and external response. Regardless, this work is extremely practical and provides helpful worksheets that can be used over and over again as needed. This work also includes a segment entitled Foundations. Foundations is a core element of the Genesis System for Self-Improvement. . Foundations includes a section on how to take your mind back. You will learn how to control what you think and when you think it instead of having your mind run amok and produce chaos, anxiety and frustration. Next, Foundations teaches you the strategies necessary for you to reprogram your unconscious mind. Unhealthy embedded beliefs often control what you think, say and do. You will learn how to change these unhealthy embedded beliefs so that your mind will direct you toward new healthier thoughts, words and actions. To help with this a method called the Inner Sanctum is discussed and taught. Using the Inner Sanctum you can begin to produce change at a deeper more powerful way. In this workbook the author has chosen to make the higher power God. It's up to you as to how you choose to handle this. Some prefer to accept God as their higher power while other prefer to make their group or something else their higher power. Regardless, welcome to the Twelve Step Program workbook, and I wish you the best as you continue on this journey towards health.

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