



# Journey to Wellness: Guide to the 12-Steps Workbook

*Kerry B. Dennis*

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## **Journey to Wellness: Guide to the 12-Steps Workbook** Kerry B. Dennis

Journey to Wellness: Guide to the 12-Steps Workbook is the companion workbook for Journey to Wellness: A Guide to the 12-Steps of Recovery that is intended to help people who are interested in working the 12-Steps the way the founders of Alcoholics Anonymous did in the early years of the fellowship. The guide is written in such a way as to help anyone at any stage of recovery to free themselves from any addiction and begin the journey to wellness.

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