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Climbing The Twelve Steps: Daily Meditations for the 12 Step Soul (Daily Meditations for the Soul)

Lynn Greenleaf, Thom Byxbe, Forde Consulting

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In Climbing the 12 Steps, Daily Meditations for the 12 Step Soul, authors Lynn Greenleaf & Thom Byxbe help provide a sanctuary for those of us needing to recover from addiction, compulsion, and other behavioral problems. Unlike most twelve step programs that revolve around God as their higher power, this book shows how to complete each step without the God figure being the focus of every step. Many enter twelve step programs with skepticism, uncertainty, and most times unwillingly, being given ultimatums by spouses, parents, counselors, etc. to seek help once and for all. Yet it's in these very God-centered programs that misses the mark for atheist and agnostics needing guidance but do not feel at home in faith based recovery programs. Climbing the 12 Steps is the answer and provides the neutral ground for believers and unbelievers to come together to achieve a balanced, strong and independent life free from the stronghold that once entangled them.

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