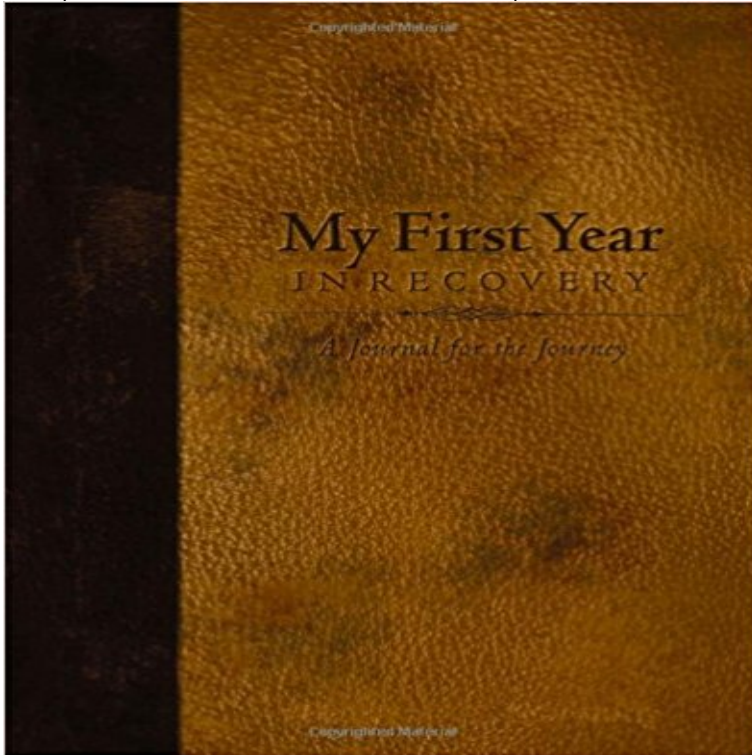


## My First Year in Recovery: A Journal for the Journey



More than just a journal, My First Year in Recovery encourages individuals in their first year of addiction recovery to examine various aspects of their journey. Each page provides space to record the date and number of days in recovery as well as lined areas for recording thoughts. Recovery-oriented teaser sentences throughout help guide the writing process to make journaling more effective. Inspirational quotes and thoughts from others in recovery reinforce the process.

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