

Emotional Sobriety and Food 12 Steps in 1 Hour Sessions Workshop

Are you a food addict?

Are you looking to recover from this seemingly hopeless state of mind and body?

Do you want to know how to take the 12 steps and live in the "Sunlight of the Spirit?"

If so, please join us as we TAKE -- not STUDY -- all 12 Steps as presented in the Big Book of Alcoholics Anonymous in 1 hour sessions.

Our goal is to learn how to

- ❖ Seek and maintain ongoing contented abstinence.
- ❖ And understand how to take others through the 12 steps.

We will be reading the book: The Spiritual Solution: Simple & Effective Recovery Through the Taking & Teaching of The 12 Steps* by John H., available at <http://www.amazon.com/The-Spiritual-Solution-Effective-Recovery/dp/0985340312/>

*Workshop documents are also posted on John's website <http://johnh12steps.com/documents/> as well as on <http://emotionalsobrietyandfood.com>. They *must* be printed *in advance*, if you do *not* purchase the book.

When: Sunday January 1, 2017

Time: 10:00 AM ~ 11:00 AM EST

Meeting Limited to 1 Hour.

Number Of Sessions: To Be Determined. Normally, This Workshop Takes Up To 6 Hours.

Telephone Conference Number: 712-775-7031
Access Code: 140-565-208

These Meetings Will NOT Be Recorded.

This workshop is being presented as a WEBINAR, with phone and screen sharing capability.

We will email you exact instructions and links prior to workshop.

No Abstinence Requirements.
No Charge.
7th Tradition Observed.

To register, please email Devorah Yael at devorahyael@gmail.com. or Shira at emotionalsobriety2013@gmail.com.

We are so looking forward to seeing you!

In love and service,

Devorah Yael & Shira