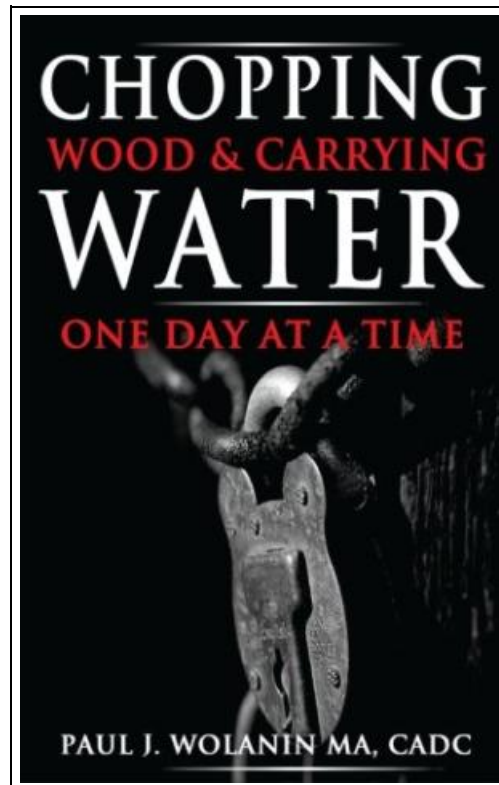


## Chopping Wood and Carrying Water: One Day at at Time



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### ***Reviews***

*An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.*

*(Spencer Fritsch)*

## CHOPPING WOOD AND CARRYING WATER: ONE DAY AT A TIME



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Paul J. Wolanin's inspiring new book titled Chopping Wood and Carrying Water: One Day at a Time is 112 pages of encouragement and hope based on the 12-steps and practical psychology for all people in the process of recovery. Wolanin is first and foremost a recovering person. Since getting sober a few 24 hours ago, he has devoted his life to offering to others what was once offered to him - a chance at a new and rewarding life. In the pages of Chopping Wood and Carrying Water: One Day at a Time the reader is offered simple yet highly effective approaches to break away from all kinds of limiting beliefs and behaviors: habits of negative thought, procrastination, worry and low self-esteem. Themes of acceptance, expectation, fear and self-imposed boundaries are also explored from Wolanin's extensive graduate education in psychology and his experiences working as an addictions and mental health therapist, all through his smooth and straightforward writing style. This devotional has spiritual roots. Wolanin believes that no real change in life is possible without a grounding faith in a Higher Power and the willingness to roll up one's sleeves and do the work that must be done - day in and day out. Recovery is hard work, but is a process that is highly rewarding. You can have a new and rewarding life free from destructive patterns of thought and behavior. You can realize your potential and live the kind of life you have always wanted to. Wolanin offers the keys which will unlock the door to your new life, one day at a time. Check out Paul's blog...



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