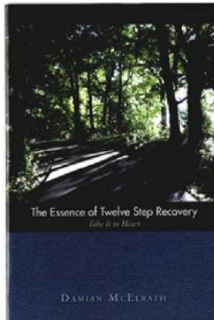


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Paperback. Book Condition: New. Not Signed; The Essence of Twelve Step Recovery: Take It to Heart, was written in gratitude to the Jellinek patients at Hazelden, whose lives, struggles and pain are witness to what spirituality is all about. Dedicated to Sandy McElrath, Damian's wife of 26 years, the book defines spirituality and the essence of Twelve Step living - and the essence of Hazelden. McElrath begins his Hazelden-published book with a quote from the Big Book: "The spiritual..

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- Authored by Damian McElrath
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