



## **The Language Of Recovery... And Living Life One Day At A Time: A Blue Mountain Arts Collection**

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"Happiness is waiting for you. Believe in your ability. Cross your bridges. Listen to your heart. Your faith in tomorrow will always help you do what is right... and it will help you be strong along the path to recovery."

- Collin McCarty

Throughout time, much has been written on the subject of recovery and the benefits of living life one day at a time. This inspiring collection represents the best of those writings. It brings together thoughts, poetry, and prose by a diverse mix of philosophers, poets, writers, and noted healers whose wise words you will want to read again and again.

Whether you are recovering from an illness, a past experience, or a habit you are trying to break, it's important to remember that with each new day comes the opportunity to start over. At any time, you can choose to refocus your life in a more positive direction, to replace worry and fear with serenity and acceptance, and to rediscover the person you were meant to be. The reassuring messages found within the pages of this book are meant to make the process a little easier by providing uplifting words of advice, understanding, and support.

On the road to recovery, there will be many twists and turns, and life won't always be what you want it to be. But, like any journey, the best way to begin... is one step at a time. With each small advance and by believing in your own ability to make it through, you can achieve your dream of recovery and a happier, healthier... you.

"Our lives are made up of a million moments, spent in a million different ways. Some are spent searching for love, peace, and harmony. Others are spent surviving day to day. But there is no greater moment than when we find that life -- with all its joys and sorrows -- is meant to be lived one day at a time." - Regina Hill

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