



# Prayer Steps to Serenity: The Twelve Step Journey

*L. G. Parkhurst Jr.*

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## **Prayer Steps to Serenity: The Twelve Step Journey** L. G. Parkhurst Jr.

You can overcome obstacles and achieve success by taking small prayer steps. *Prayer Steps to Serenity* will empower you to solve personal problems, enjoy inner peace, and enhance your relationships.

The short, inspirational readings disclose truths that many people learn only through recovery. Based on the author's experience helping people in AA and Al-Anon, *Prayer Steps to Serenity* will help you discover the answers you need in the scriptures. Prayer steps will teach you the spiritual depth in the 12 Steps, and prepare you to help yourself and others, no matter what the need or problem.

By praying through The Twelve Step Journey, anyone can grasp the keys to freedom from addictions, obsessions, compulsive behaviors, dependency, and codependency. Those in any recovery program will gain new strength to tackle their problems, stay in recovery, and live victoriously.

Everyone needs encouragement from those who have walked before them and know the steps to take. Journey Guides in *Prayer Steps to Serenity* will assist you in private and group study. You can follow guidelines for starting your own Serenity Group, where people can remain anonymous and confidential while getting help with their problems. Free resources and online fellowship are available at PrayerSteps.org.

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