



A New Day A New Life: A Guided Journal

William Cope Moyers

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Grounded in both addiction science and Twelve Step spirituality, *A New Day, A New Life*--a guided journal and video--is designed to serve as a steadfast companion for those facing the challenges and joys of early recovery.

The video features an intimate, candid discussion between best-selling author and recovery advocate William Cope Moyers and a diverse group of people in recovery. By sharing their personal experiences, they give people who are newly sober a breadth of knowledge about what it takes to stay on track.

The journal--consisting of daily inspirational and educational messages, meditations, prayers, and affirmations, as well as space for writing thoughts and feelings--helps readers connect the knowledge that they have drawn from the video to their own experiences with addiction and sobriety.

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