



Breathing Under Water Companion Journal: Spirituality and the Twelve Steps

Richard Rohr O.F.M.

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A valuable new companion journal to the bestselling *Breathing Under Water!* We are all addicted to something, according to Franciscan Father Richard Rohr. This *Companion Journal* can help you work your way through the wisdom of the twelve-step program as outlined in *Breathing Under Water* to help you determine the source and solution for your own addictions. The journal contains reflections, discussion questions, and room for your own notes to help you explore the process in a way that's relevant and meaningful in your own life.



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