



The Workbook and Twelve-Step Program for Spiritual Healing and Well-Being

Mary J. Catarineau

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This workbook and the Twelve-Step Program for Spiritual Healing and Well-Being are the culmination of more than 20 years of therapy, 12-step programs, prayer and meditation. She hopes her experiences will bless all who actively seek growth and spiritual renewal. The workbook comes in two covers, pink roses and a Celtic cross.

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