



Building Blocks of Recovery The Deluxe Edition (Volume 1)

Sandra L Kozlowski

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This book is delightful for all of the senses! The beautiful colors, the delightful quotes help you to walk through the 7 Levels of the Building Blocks of Recovery with love and joy. Filled with information for your healing, journal pages, shopping lists, affirmations, coloring pages, and recipes, you will find this book to be a close friend and an excellent resource to take with you on your journey to wellness. You will want to return to its pages again and again. May your healing be your joy. In this special publication, I have brought together all of my experience and training for your wholeness. Within this book I put so much in it for you such as: Explanations of how all the different philosophies work together to strengthen your walk: Maslow's Hierarchy of Needs, personality development theory, the Chakras and the 12 Steps. Nutrition and recipes generously loaned to us from Christina Pirello of Christinacooks.com Essential Oils Clarifying questions Crystals and Gems Yoga poses Quotes Affirmations Journal Pages Coloring pages We will do all of this beautiful work in 7 levels. You will see that within the seven levels of the Building Blocks of Recovery will help you to learn to focus and refocus your life back to a place of wholeness as you experience life on life's terms! I am so honored that you will allow me to share your journey with you. Namaste

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