

RECOVERY AT THE SEA 12 Step Guided Meditations By TINA G



Cuyahoga Falls, Ohio Jul 4, 2024 (Issuewire.com) - The Book 'Recovery At The Sea' contains the full transcripts of the audio/videos produced by the same author. It is meant to be used as a tool for those who have participated in the meditation series. It will be useful to reflect back on what they experienced and keep handy. Additionally, it can be a resource to those working with others' in recovery. A tool already prepared for them to narrate themselves to a recovery group.

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The whole series of meditations take one through a guided meditation of relaxation while the soothing sounds at the sea are so softly present. They are then lead to the ocean and imagine the journey through their next step in recovery. After the entire journey, the ultimate goal is a journey forward! A new design for living! A new pathway to success! Even more, a Spiritual Awakening!

Afterall, if we aren't growing forward then we are going backwards. Join me on your journey forward!

Tina G is an author with a passion for guiding others towards recovery and healing. Drawing from her educational background and extensive experience in the field, Tina has recently published her groundbreaking book titled "Recovery At The Sea: 12 Step Guided Meditations."

Tina's journey towards becoming an authority in addiction counseling began with her Bachelor's degree in Community Services Technology, where she specialized in drug and alcohol counseling. Her academic pursuits provided her with a solid foundation in understanding the complexities of addiction and the mechanisms of recovery.

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With a genuine desire to make a difference in the lives of those struggling with substance abuse, Tina pursued certification as a Chemical Dependency Counselor. This certification equipped her with the skills and knowledge necessary to support individuals on their path to sobriety.

Through her years of work as a counselor, Tina witnessed the transformative power of meditation and mindfulness in the recovery process. Inspired by this observation, she embarked on a mission to develop a resource that combines the principles of the 12-step program with guided meditations tailored specifically for individuals in recovery.

"Recovery At The Sea: 12 Step Guided Meditations" is the culmination of Tina's expertise and dedication to helping others overcome addiction. In this book, she offers a unique approach to healing that integrates traditional recovery methods with mindfulness practices, providing readers with a comprehensive toolkit for their journey towards sobriety.

Tina's work is not just about providing guidance; it's about instilling hope and empowering individuals to reclaim their lives. With her book, she aims to reach as many people as possible, offering them a beacon of light in their darkest moments and guiding them towards a brighter, healthier future.

You can find all of Tina's audio meditations at higherpoweredsoul.com

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