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Chopping Wood and Carrying Water: One Day at a Time

By Paul J Wolanin Ma

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Language: English . Brand New Book ***** Print on Demand

*****.Paul J. Wolanin s inspiring new book titled Chopping Wood and Carrying Water: One Day at a Time is 112 pages of encouragement and hope based on the 12-steps and practical psychology for all people in the process of recovery. Wolanin is first and foremost a recovering person. Since getting sober a few 24 hours ago, he has devoted his life to offering to others what was once offered to him - a chance at a new and rewarding life. In the pages of Chopping Wood and Carrying Water: One Day at a Time the reader is offered simple yet highly effective approaches to break away from of all kinds of limiting beliefs and behaviors: habits of negative thought, procrastination, worry and low self-esteem. Themes of acceptance, expectation, fear and self-imposed boundaries are also explored from Wolanin s extensive graduate education in psychology and his experiences working as an addictions and mental health therapist, all through his smooth and straightforward writing style. This devotional has spiritual roots. Wolanin believes that no real change in life...



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