

# **Relationship Recovery: Healing One Relationship** At A Time

Tuchy Palmieri



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Relationship Recovery No man is an island. What is life without relationships? It is often the case that relationships cause us the most pain. Relationship Recovery helps one overcome relationship problems, by using the 12 step principles, slogans, and affirmations. It is both a reference book and an interactive workbook. The book is based on the belief that relationships are alive and, like everything that lives require nourishment. Inside the book the reader will find nourishing words of wisdom, wit, and humor from both the wise and the famous and also from everyday people. In addition, the book offers the reader places to write down their own wants, needs, and desires for a relationship. May the words in this book help you to heal, one relationship at a time. It is suggested that you begin with your relationship with the God of your understanding, the relationship with yourself, then your relationship with others. An essential part of all 12-step programs is the recovery of one's relationships. The importance of this was simply yet clearly stated in AA's book, 12 Steps and 12 Traditions:"Since defective relations with other human beings have nearly always been the immediate cause of our woes, including alcohol, no field of investigation could yield more satisfying and valuable rewards than this one." -page 80.Step 8 made a list of all people we had harmed and became ready to make amends to them all.

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