

Recovery Tools Booklet -- Writing Group
11 one-hour *Conference Calls* - over six weekends

Dial-in Number: 712-432-1600 Passcode: 1019723#

Saturdays, 4 pm EDT	Sundays, 11 am EDT
5-29	5-30
6-05	6-06
6-12	6-13
6-19	no call
6-26	6-27
7-03	7-04

The ONE-HOUR weekly calls will help complete the following tools.

BOTTOM LINES	HONESTY	LETTING GO OF FEAR AND CONTROL
ACCESSORY BEHAVIORS	GRATITUDE	DEALING WITH TRIGGERS
TOP LINES	SERENITY PRAYER	THREE SECOND RULE
TAKE RECOVERY WITH YOU	ACCEPTANCE	CHOOSING WITHDRAWAL
H.O.W. (Honesty, Open-mindedness, Willingness)		RECOVERY PARTNERS

The **S.L.A.A. Recovery Tools** is a booklet of essays on ‘topline’ resources available to anorexics and sex and love addicts. Reflecting the experience, strength and hope of many members, it contains helpful suggestions for newcomers and long-timers. View our latest work at the link below.

LINK: www.bit.ly/dzzoQG