



# My First Year in Recovery: A Journal for the Journey

*The Editors of Central Recovery Press*

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# My First Year in Recovery: A Journal for the Journey

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**My First Year in Recovery: A Journal for the Journey** The Editors of Central Recovery Press

A journal to keep track of an individual's first year in recovery from addiction. Specially designed pages have inspirational messages, writing prompts, and space for recording thoughts and events. The perfect way for an individual in recovery to capture the first year of his/her new life.

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