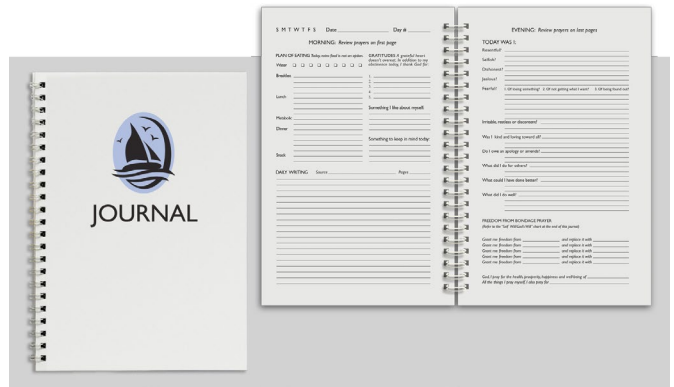


If you are thinking of taking your program to the next level, Ocean and Bay’s recovery journal is something you may want to purchase. This spiral-bound, 120 page journal spans a 60 day period and allows you to structure your day around your recovery from food addiction. It allows you to use the tool of writing in a very effective way. Asking questions like “Today was I resentful, selfish, dishonest?” It also helps to get to the root of our daily fears. It includes a gratitude list, a food log, and prompts like: “Something I like about myself.” There’s even check-off boxes for daily water consumption. It also includes a freedom from bondage prayer that you can actually participate in. It makes a great addition to support recovery!

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