



One Day at a Time in Phobics Victorious

Rosemary Hartman

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One Day at a Time in Phobics Victorious is a scripturally based daily meditation book for people recovering from phobias, irrational fears, and acute panic attacks. It is a Biblically based affirmation book that utilizes the Twelve Step recovery approach, as seen in Phobics Victorious adaptation of the twelve steps.

Phobics Victorious is a Christ-centered recovery program and ministry that offers suffering phobics a Christian twelve step recovery program, and is also a tool by which suffering phobics can learn about our Higher Power, Jesus Christ. In following the twelve steps of Phobics Victorious, we are led to a knowledge of Jesus Christ as Lord, Savior and our Higher Power.

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