



As It Was Writt(i)n - Journal Entries

M. H. S Edwina Bell

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The purpose of this book is to share with other recovering persons and those who provide treatment plans for them, the importance of keeping a daily journal of events, feelings, situations, and circumstances as they occur during the process of recovery from the disease of addiction. The rewards of journalizing are beneficial in so many ways to one's spiritual growth, in spite of not knowing the correct spelling, grammar or punctuation at the time of recording. I am a recovering person who have sustained from all mood altering substances since February 23, 1990, one day at a time. As a former substance abuser, I feel compelled to share my experience, strength and hope with others. I hope to prevent someone from picking up a drug for the first time, inspire someone to choose a new way of life from drugs, and encourage those who have chosen a new way of life to reach back and help others to recover. Edwina Bell, M.H.S.

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