



Stepping Into Joy: Your Guide To The Life You've Always Wanted

Dr. Randall Green

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he Key To A New Beginning Unveiled Within

In *Stepping Into Joy*, Dr. Randall Green bears his own soul in order to make clear the path he and countless others have taken to achieve authentic joy. In these pages you will discover a refreshing approach to our endless quest for spiritual fulfillment. Using the Twelve Steps of Recovery as the core solution to mankind's "quiet desperation", Dr. Green adds the spices of real-life stories, pithy slogans, humorous anecdotes, and a few "old Kentucky sayings" just for the fun of it. Building on the premise that addiction is a physical disease with a spiritual solution, the Twelve Steps are offered as "guides to progress" in the journey to spiritual wholeness. Although Randy Green is unashamedly committed to his Christian faith, the spiritual principles he extrapolates are non-partisan in application. This is not a book on religion. It is not a book for or against religion. This is a book about true spirituality and how to experience it amid the real stressors and challenges of today's post-modern culture. Regardless of the addictions, compulsive behaviors, or attachments that may plague our lives, we will be led closer and closer to the joy we all seek as we commit ourselves to living out these twelve spiritual principles one day at a time.

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