



# The Art of Recovery

*Whitney Nobis*

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## **The Art of Recovery** Whitney Nobis

Recovery from substance abuse can be one of the most difficult endeavors for a person, but art therapy can provide healing on all levels. In this one-of-a-kind workbook by Whitney Nobis, MS, those on the path to recovery will have the opportunity to explore the twelve steps in a new way--through their creative sides. Each step has multiple reflective questions and art projects for readers to work through to uncover hidden thoughts important to the healing process. And the best part--you don't have to be an artist to reap the benefits of art therapy. Take a step toward healing with The Art of Recovery.

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