



# **100 Blessings Every Day: Daily Twelve Step Recovery Affirmations, Exercises for Personal Growth & Renewal Reflecting Seasons of the Jewish Year**

*Rabbi Kerry M. Olitzky*

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**This book is not just for Jewish people. It is for all people who would gain strength to heal and insight from the Jewish tradition.**

Using a one-day-at-a-time monthly format, a spiritual leader who continues to reach out to addicted people, and all those seeking spiritual renewal, reflects on the rhythm of the Jewish calendar with recovering people and other teachers. Together they bring insight to recovery from addictions and compulsive behaviors of all kinds. This sensitive volume soars with the spirit of the Jewish soul and year. Its "exercises" help us move from *thinking* to *doing*.

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