

Some Say the Cup is Half-Empty While Others Say it is Half-Full. We Say Fill it Up a Little at a Time.

Recovery is like a cup of coffee: If you put a little bit of coffee a cup, you have some coffee but it isn't going to last long. The more you put into it, the more you have to enjoy. In other words, you get out of it what you put into it. Don't settle for just a little bit when you can have the whole thing!

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