



Lessons in Living from a Tree: A Fictional Novel of Recovery

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Having trouble discovering your Higher Power? You're not alone. Many, if not most of us with addictions entering a Twelve Step Program, struggle with this step of "coming to believe in a power greater than ourselves," and, at times, find within our core a staunch resistance to it. *Lessons in Living from a Tree* attempts to lighten that burden and unfold the resistance in simple fashion with a soft and gentle story woven around a concrete structure of nature and symbol of instruction in many faith systems—the tree. *Lessons* makes no attempt to tell you what you should believe. Nobody has that right. The story simply illustrates a process of "coming to believe," that includes its sadness, drama, and "yes" even humor. It becomes obvious very quickly in recovery that our belief systems while using kept us using, and we realize if that system stays in tack, so does the addiction. That usually ignites our spiritual nose to start sniffing for some roses around the corner of our cravings to a pathway where life can bloom. We've tired of the decay. What is it deep in our heart that can fill the void of what's been missing for so long? *Lessons* is a mirror reflecting how we move from that distanced and numbed existence to that elusive sense of comfort, security and serenity. My hope is *Lessons* does so by celebrating the connection of our faiths, whether that be traditional modes of spirituality or something else. The obvious key to the lock is always...is it working?

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