



S.O.S. ~ Songs Of Sobriety ~ A Personal Journey Of Recovery

C.S. Blue, C. Steven Blue

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S.O.S. ~ Songs Of Sobriety ~ A Personal Journey Of Recovery:

Over 20 years in the making, Songs Of Sobriety chronicles the first ten years in the recovery process, from newcomer to a strong foundation and new-found strength in dealing with recovery and life's problems in general. In this groundbreaking book, California/Oregon poet C. Steven Blue is a great source of inspiration, not only for those in recovery, but for anyone seeking to help themselves or someone else with the difficulties that life throws our way.

Inspirational and revealing, the book channels the struggles, the emotions and the healing processes of recovery, in linear story fashion, in verse. With over 25 years in recovery, C. Steven Blue's own experiences and observations serve as the basis for this moving book, filled with the wonder and renewal that recovery brings.

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