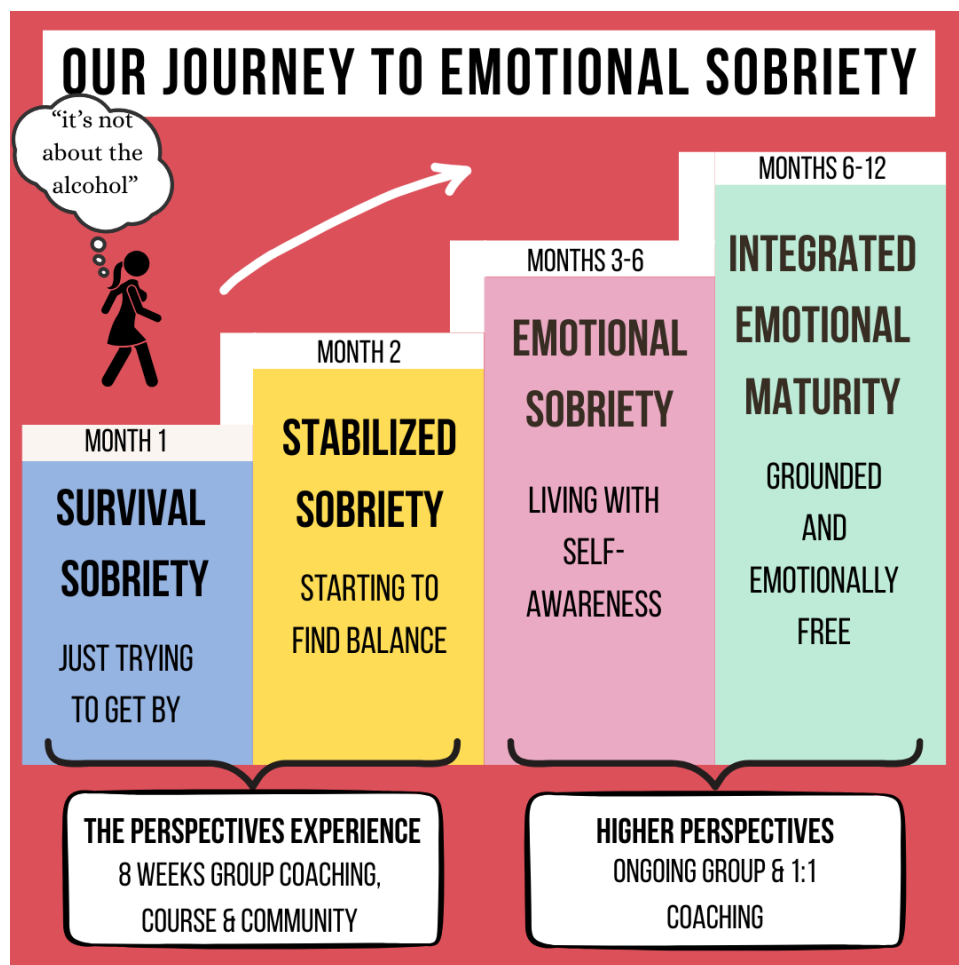


Below are the guides, checklists, “how-to’s” and other resources created by Becca

Help yourself and keep this link safe because as new resources are created, they’ll be added here. Do not “make a copy” of this document; instead save the link somewhere safe and “make a copy” of each individual resource as it’s added. That way you can create your own library.



Guides:

GUIDE	
<u>10 Ways to Use AI in Your Sobriety Journey</u>	
<u>The 30-Day Mind Whisper</u>	
<u>Guide to Holistically Cleansing and Protecting the Liver</u>	
<u>Journaling for Emotional Sobriety and Personal Growth</u>	
<u>Two Life-Changing Breathing Techniques for Sober Living</u>	
<u>The Mature Woman's Guide to Your Relationship with Alcohol</u>	
<u>The Self-Forgiveness Starter Guide</u>	