



Recovery for the Whole Person: A Book About Mental Health and Spiritual Growth

John Hoelzel Sr.

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This book, Recovery for the Whole Person, is intended to promote discussion, consideration, and application of spiritual resources available primarily through a personal relationship by faith with Jesus Christ. People who have a different object of their faith should be able to easily adapt much of this course to their own faith. To neglect consideration of our body, soul, or spirit as we plan for recovery is to be short sighted and deliberately choose not to play with a full deck. Since many books on recovery neglect detailed spiritual resources, this book emphasizes increased awareness and use of spiritual tools in your own recovery, including exchanging God's ways for man's ways.

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