

Martha Woodroof is an award-winning broadcast reporter whose stories are heard on National Public Radio and Marketplace. How to Stop Screwing Up is her account of how she used the Twelve Steps of Alcoholics Anonymous not just to deal with her addictions, but to stop screwing her life up in many other ways as well. Woodroof cheerfully lays out the Twelve Steps (long the hallowed turf of those recovering from addictions) as a workable guide for anyone who wishes to replace a bad habit with a good one. A masterful storyteller, Woodroof weaves personal anecdotes--from wacky to worrisome to whimsical--among practical suggestions for working each step. Perhaps most refreshing, How to Stop Screwing Up encourages readers to work the steps privately and at their own pace, without any reliance on public disclosure or the dogma of religion. Woodroofs unique spiritual connection with her own Higher Power, whom shes dubbed Alice, has filled an enormous void in her own life, and she encourages readers to solidify such a relationship in their own personally comfortable way. How to Stop Screwing Up fuses humor with humility, drawing on popular culture, Popeye and poetry to create a comfortable, even cozy, context for some startling insights delivered by a very fresh voice.

Burns (Classic Reprint), The Book Of Cats: A Chit-Chat Chronicle Of Feline Facts And Fancies, Legendary, Lyrical, Medical, Mirthful And Miscellaneous, Ninja Chick: Six Sacred Lessons for Becoming Cheeky, In Charge, and Simply Genius!, Only the Wing: Reimar Hortens Epic Quest to Stabilize and Control the All-Wing Aircraft, Der Gluckliche schlagt keine Hunde: Ein Loriot Portrat (German Edition), Learn Microsoft WORD for Windows Now, The Ancient Mysteries, Endorphinomics: The Science of Human Flourishing,

How to Stop Screwing Up: 12 Steps to a Real Life and a Pretty Good Time. Martha Woodroof, Author. Hampton Roads \$ (p) ISBN. How to Stop Screwing Up: 12 Steps to Real Life and a Pretty Good Time broadcast reporter shares her story of broken relationships, career sabotage, and .

How to Stop Screwing Up: Twelve Steps to a Real Life and a Pretty Good Time . Martha's book with humor and fun expands my experience with the 12 steps. Best Condition. Very Good. \$ Add to Cart. How to Stop Screwing Up: 12 Steps to Real Life and a Pretty Good Time. Martha Woodroof. from: \$ Results 1 - 50 of 12 Steps and 12 Traditions by Alcoholics Anonymous World. How to Stop Screwing Up 12 Steps to Real Life and a Pretty Good Time by. our own worst enemy. No worries: This six-step program will fix you right up. Life can be surprisingly forgiving of screw-ups. I should know. My first real job was as a teacher's aide in a pilot Head Start program in book called How to Stop Screwing Up: 12 Steps to a Real Life and a Pretty Good Time, .

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