



# The Proactive Twelve Steps for Mindful Recovery

*Serge Prengel*

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## **The Proactive Twelve Steps for Mindful Recovery** Serge Prengel

This is the 3rd edition of The Proactive Twelve Steps. This book outlines how you can take a proactive approach to life, gradually stepping up from feeling stuck and powerless to enjoying a more balanced and happy life. The specific steps were inspired by the original Twelve Steps, but rewritten to describe a process of mindful personal growth. This short book (84 pages) defines the "steps" pragmatically, as a self-directed process, as opposed to a mystical process in which change somehow happens to you.

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