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**JOIN US**

Emotions Anonymous is hosting a **telephone intro session for** our new workbook ***Welcoming the Spiritual Awakening in Me.***This interactive telephone session is a tasty sampling and will prime you to start into the new workbook by yourself or with others.

**Join us on Saturday, November 30, 2019: 10:00 am - 1:00 pm EDT**

**By phone in the USA** (605) 313-5768     Access code 471918#

**To get international call in numbers click :** <https://www.freeconferencecall.com/profile>

Then to the right of where it says international call in numbers **click ”view list”**

**Online:**

1. Go to [www.FreeConferenceCall.com](http://www.FreeConferenceCall.com)

2. Click on ONLINE MEETINGS and select JOIN MEETING

3. Enter the meeting ID: eaworkbook (enter as written)

4. Type in your Name and Email; then click on JOIN

5. Dial into the meeting OR Click on COMPUTER AUDIO

6. If you dial in, use the keypad to click on \*6 to mute and unmute OR If you use COMPUTER AUDIO, click on the microphone icon to mute and unmute.

There are no registration or fees for attending.

For questions please contact mrwoo@comast.net

***Hope to have you there!***

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***Welcoming the Spiritual Awakening Within Me****has a positive vision of thriving - moving beyond just surviving. The new workbook works through the steps and addresses vital recovery issues which have not been covered so far in EA literature including;*

* *Recognizing, exploring, & healing the effects of childhood trauma in our 4th step work.*
* *A section exploring all our family of origin roles and current roles we still play.*
* *Exploration of healthy and unhealthy understandings of powerlessness.*
* *Exploring the new EA stages of recovery; Stabilization, Understanding, and Thriving.*
* *Recovering from codependent & dysfunctional relationship patterns with the EA steps.*
* *Powerful ways to work steps 6-12 which help transform negative thinking.*
* *Emphasizing compassion & kindness in working of all of our EA steps.*