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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](mailto: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.*