



One Foot in Front of the Other: Daily Affirmations for Recovery

Tian Dayton

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One Foot in Front of the Other: Daily Affirmations for Recovery Tian Dayton

365 days of inspiration for the recovery journey, filled with wisdom to ground, guide, and renew the spirit.

Recovery—whether from addictive or compulsive behaviors, codependency, childhood trauma, dysfunction or loss—is not an event to be conquered, but an ongoing process of healing and self-discovery. It requires patience, perseverance, and self-awareness. Putting one foot in front of the other, moment-by-moment and day-by-day, builds courage, self-esteem, and resilience. A key component of staying on the right path is guidance from those who have walked it before. *One Foot in Front of the Other* gives readers a hand to hold as they face the challenges of living and provides a wellspring of knowledge from which to draw inspiration, and hope.

Nationally renowned trauma and recovery expert Dr. Tian Dayton gives readers all the tools they will need on their journey of recovery, just as she has for countless of her own patients. Written in the 'I' format, each page speaks intimately to readers, offering straightforward and user-friendly wisdom through inspired readings. This powerful little book will help readers examine their lives and recapture feelings of gratitude and positivity opening to the grace of self-renewal.

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