



Step Up

Richard C. Meyer

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Meyer has creatively re-purposed the Twelve Steps - used successfully in many drug and alcohol recovery programs - into a biblically based model for change and spiritual renewal. He shows how the Twelve Steps can be a tool for spiritual healing for everyone, not just the addicted. Meyer divides the process into four phases: the Give-Up Steps, the Clean-Up Steps, the Make-Up Steps, and the Keep-It-Up Steps. He then describes how the steps can be used individually, with a partner, or in a small group to bring about personal transformation.

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