



THREE WAYS TODAY

A "Gratitude in Action" *Journal*



Three Ways Publishing LLC and

Three Ways Today: A "Gratitude in Action" Journal



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Three Ways Today is designed for people in 12-stage recovery and beyond. There are lines to record the "work" to place the 3 ways on that web page into practice and also the "results" of that work. A reader can open the book to any of the 365 web pages and try the three suggested action steps on that web page. It shows three actions steps the author has used every day to express gratitude in his life. sober and energetic in recovery since 1991. There are 365 pages in the reserve, each with three ways to express gratitude, non-e of which are ever repeated. 3 WAYS Today was written by an alcoholic;3 WAYS Today is founded on the premise that "gratitude without action is fantasy." Plus, it really is a journal of the reader's journey while practicing gratitude in recovery. Each one of the 365 pages provides space where in fact the reader can journal their knowledge. It can help the reader to take action to express gratitude within their lives.



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