



# Sought through Prayer and Meditation: A Practical Guide for People in Recovery

*John T. Farrell*

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While many people become adept at recovery and learn to live by the principles embodied in the Twelve Steps, they receive little or no guidance in the practical management of their spiritual condition. In his second book, Reverend Farrell provides a set of spiritual practices for people in recovery to develop and/or deepen their spiritual growth.

**Reverend John T. Farrell, PhD**, received a master of divinity from Yale University and a PhD in English from the University of Delaware.



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