



# The Wisdom of the Rooms - Volume Two

*Michael Z*

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## **The Wisdom of the Rooms - Volume Two** Michael Z

In *The Wisdom of the Rooms, Volume Two*, Michael Z continues to reveal the magic and meaning of the 12 Steps through the quotes and sayings heard daily in the rooms of recovery. This second collection of quotes inspires and encourages us to look within for solutions and serenity so often sought from other people, places and things. Michael Z provides the map for this inward journey and lights the way to the peace and wisdom within us all.

A warm and meaningful book, delightful and enlightening, it will help anyone who is looking to strengthen their connection to God, to themselves and to others. Highly recommended. - **Charles L. Whitfield, M.D., author of *Healing the Child Within***

These thought provoking meditations are like little lamps illuminating the steps of recovery, helping us to keep our balance and stay the course. Keep them close to light your way. - **Kathy Ketcham, co-author with Ernest Kurtz of *The Spirituality of Imperfection***

*The Wisdom of the Rooms* provides the reader with a road map and toolbox for the journey toward lasting recovery. Don't leave home without it! - **Arnold M. Washton, Ph.D., Addiction Psychologist, New York, NY and Princeton, NJ**

Magnificent, practical advice for daily living. - **Bert Pluymen, Author of *The Thinking Person's Guide to Sobriety***

Michael Z's *Wisdom* goes far beyond the Rooms. It speaks to everyone whose life has been touched by one who has been, or needs to be, in recovery. And that's all of us. - **Leslie Lehr, author of *Wife Goes On***

**About Michael Z:** Michael Z lives and writes in Los Angeles, CA. A registered MFT therapist intern and spiritual counselor, he uses the 12 Steps as a guide for spiritual, emotional and physical recovery. He shares his experience, strength and hope in meetings around the world, and conducts workshops and retreats on the 12 Step journey.

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