The Maple Mountain Recovery Journey

“We learn that we need only admit the mistruths we tell,

seek to understand why we tell them,

express our feelings, mourn, forgive, heal,

understand our true needs,

give up false expectations of oneself,

others, the world around us,

accept ourselves as we are

create a new life purpose,

productive, happy, free from addiction,

this will bring us into a full and authentic life experience.”

Adapted from writings by M. Scott Peck