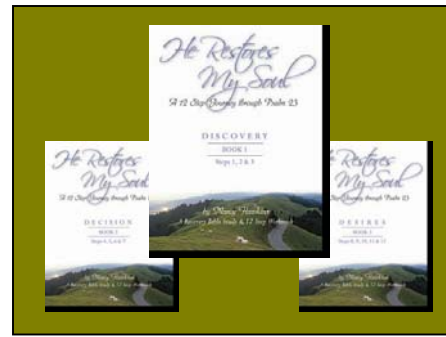




Press Release

Marketing and Media Contact:
Lacewing Communications LLC
Katherine M. Brungs
e-mail: media@lacewingcom.com
859.801.8857



NEW BOOK: Marcy Hawkins Unveils How to Live 'Under the Influence' of Recovery from Alcoholism, Drug Addiction, and More in "DISCOVERY: Book One" of a Three-Part Series

Celebrated author, public speaker and internationally Certified Alcohol and Drug Counselor (ICADC) Marcy Hawkins released – "He Restores My Soul: A 12-Step Journey through Psalm 23, DISCOVERY: BOOK ONE" of a three-part series. The trio creatively expands on the metaphor of the Good Shepherd and His sheep in Psalm 23 in direct correlation with the 12-step program originating from Alcoholics Anonymous.

Pleasanton, CA (PRWEB) June 25, 2009 — Rehab 4 Sheep Publishing, www.rehab4sheep.com, announced the release of California author Marcy Hawkins' first book of a three-part series "He Restores My Soul: A 12-Step Journey through Psalm 23, DISCOVERY: BOOK ONE". An in-depth, 52-week recovery workbook series, DISCOVERY, DECISION and DESIRES effectively bridges the 12 Steps with Psalm 23 by taking its readers through the emotions, issues and barriers that surface when going through the steps of recovery. The workbooks provide a fresh perspective on the connection between faith and recovery illuminating spiritual truths behind the 12 Steps.



AUTHOR AND PUBLIC SPEAKER MARCY HAWKINS

As a skilled and popular speaker, Marcy Hawkins has extraordinary ability to blend storytelling, humor, and practicality, which makes Hawkins' speaking engagements a 'one of a kind' experience. An expert in the field of addiction and compulsive behaviors, Hawkins has dedicated her life to educating and aiding individuals, families and groups in the recovery process. She is the founder and director of R-Quest Counseling Center in Pleasanton, California, www.rquest.org.

About the WORKBOOK SERIES

"He Restores My Soul: A 12-Step Journey through Psalm 23, DISCOVERY: BOOK ONE" begins the three-part workbook series with the introduction of the 12 Steps and the start of David's Psalm 23. "We become aware that our personal resources are incredibly limited and recognize that a spiritual approach can help guide our actions and meet our needs," says Hawkins. Throughout the on-going steps of recovery, the series engages and supports addicts and their loved ones. "DECISION: BOOK TWO" will be released in June of 2009 and "DESIRES: BOOK THREE" will be released in July.

R-QUEST Counseling Center (www.rquest.org)

Marcy Hawkins is the founder and director of R-Quest Counseling Center in Pleasanton, California. She is Internationally Certified as an Alcohol and Drug Counselor (ICADC), Substance Abuse Professional (SAP) and Certified Compulsive Gambling Counselor with specialized training in Pathological Gambling, Eating Disorders and Family Interventions.

Under the direction of Hawkins, a professional, advanced team of Marriage Family Therapists (MFT), a Registered Dietician (RD), a Relapse Prevention Specialist, and Certified Alcohol and Drug Counselors (CADC) has developed unique and uplifting recovery programs since 1997.

Contact by phone (925) 426-0501 or e-mail rquestcounseling@gmail.com.

Book Info:

TITLE: He Restores My Soul: A 12-Step Journey through Psalm 23, DISCOVERY: BOOK ONE

ISBN: 978-0-9821055-0-4. **Publisher:** Rehab 4 Sheep Publishing, www.rehab4sheep.com

Publication Date: 1/26/09, **Pages:** 115, **Suggested Retail Price:** \$14.99

To order your copy of "He Restores My Soul: A 12-Step Journey through Psalm 23, DISCOVERY: BOOK ONE" (ISBN: 978-0-9821055-0-4) go to Rehab 4 Sheep Publishing's Web site, www.rehab4sheep.com. The book is also available for online purchase at Amazon.com, Barnes and Noble and other major bookstores in the United States, in the United Kingdom and in Europe.

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If you would like more information about author Marcy Hawkins and her motivational recovery workbook series — "He Restores My Soul: A 12-Step Journey through Psalm 23, DISCOVERY: BOOK ONE", or to schedule an interview with the author, please contact Katherine Brungs of Lacewing Communications by e-mail: media@lacewingcom.com. Greater Cincinnati-based Lacewing Communications LLC is recognized in the United States and internationally for Brand, Marketing, and Publicity Management for authors, writers, and creative individuals, and it also serves a diverse client list in other industries.