

MARCY HAWKINS, AUTHOR

Christian 12 Step Recovery Bible Study
for Addictions and Compulsive Behaviors

Biography



Marcy Hawkins, author of “He Restores My Soul: A 12 Step Journey through PSALM 23,” a three-part workbook series, is a popular speaker and addiction counselor. She knows firsthand the process of learning, working and living ‘under the influence’ of God.

Marcy shares with others how she found the solution to the devastating problems caused by her past alcohol/drug addiction and eating disorder. Her extraordinary ability to blend storytelling, humor, and practicality makes her classes, groups and seminars a ‘one of a kind’ experience.

She is founder and director of R-Quest Counseling Center in Pleasanton, California where hundreds of families have found help, hope and God’s healing through the recovery process.

Marcy has over 15 years’ experience in the field of addiction recovery with specialized training in pathological gambling, eating disorders, and family interventions. For over 10 years, she has counseled at Shepherd’s Gate, a Christ-centered homeless shelter for women and children. She is Internationally Certified as an Alcoholism and Drug Abuse Counselor, (ICADC) and is a California Certified Gambling Counselor, (CCGC). Marcy lives in Pleasanton, California with her husband, teenage son, and two dogs.

Visit www.rehab4sheep.com or call (925) 872-8944, e-mail: info@rehab4sheep.com for more complete information.

“I began writing this book after Psalm 23 was read at my mother’s funeral and my brother shared that she had committed this psalm to memory at age five. This prompted me to study the 12 lines of Psalm 23 and I discovered how well they compliment the Twelve Steps. I began writing one month at a time over 12 months which resulted in this relevant and effective recovery resource for Christians as well as non-Christians.”

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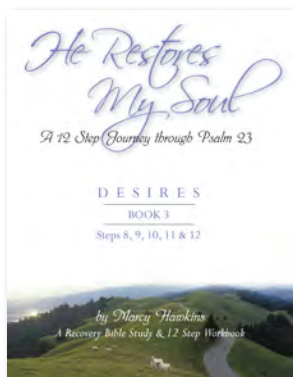
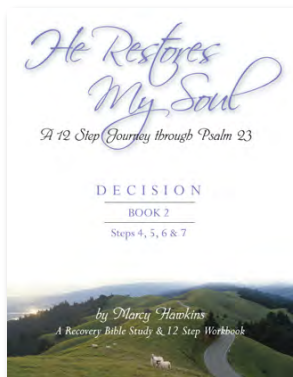
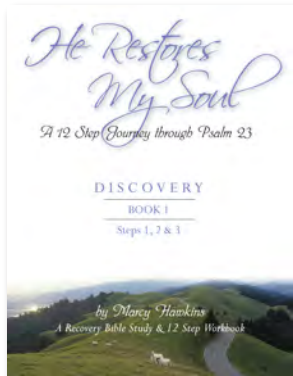
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About the Book Series



Marcy Hawkins Introduces “He Restores My Soul: A 12-Step Journey through Psalm 23”

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. They correct distorted views learned in dysfunctional family systems with spiritual truth that must be applied to our own lives and recovery.

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“My objective for this workbook series: “DISCOVERY,” “DECISION” and “DESIRES” is to help the many people stuck in their destructive and compulsive behaviors experience the MIRACLE of recovery.”

—**MARCY HAWKINS**, author of “He Restores My Soul: A 12-Step Journey through Psalm 23” — “DISCOVERY,” “DECISION” and “DESIRES,” a three-part workbook series

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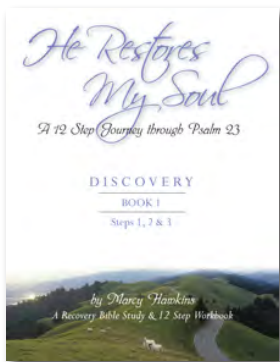
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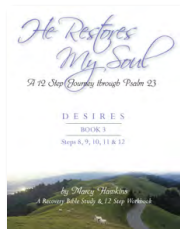
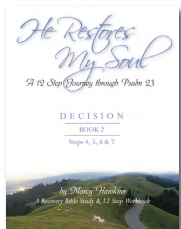
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“DISCOVERY”: Book One



Follow the path of recovery by working the 12 Steps and studying Psalm 23 side by side to experience optimal health and wholeness.

“DISCOVERY” takes the reader through Steps 1, 2, and 3 of Alcoholics Anonymous where we come to understand that we need a power outside of ourselves and we discover that David was saying the same thing in Psalm 23. We become aware that our personal resources are incredibly limited and only with the help of the spiritual principals found in recovery are we able to obtain optimal health and healing. Exercises, self-assessments and journaling make the workbook incredibly practical.



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“My workbook “DISCOVERY” is where our recovery journey begins. We discover our limitations, our need for spiritual strength and the truth that paves the way to freedom, healing and recovery.

“DISCOVERY” contains specific instructions for taking the first three steps in ‘the solution’.

—MARCY HAWKINS, author of “He Restores My Soul: A 12-Step Journey through Psalm 23” —

“DISCOVERY,” “DECISION” and “DESIRES,” a three-part workbook series

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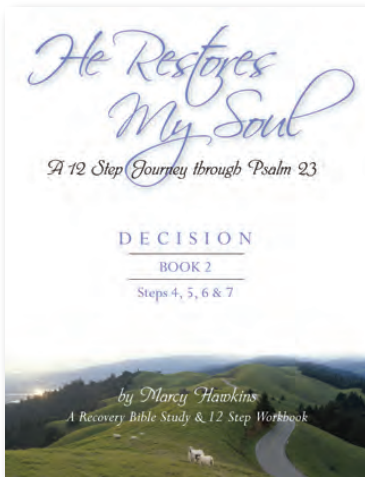
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“DECISION”: Book Two



PSALM 23: “He leads me beside the quiet waters.” *Are you ready to be led by the Good Shepherd? He has prepared quiet waters and for our refreshment and thirst.*

“**Decision**” covers Steps 4, 5, 6 and 7 and shows the importance of placing God in the center of your life to lead and influence true success in recovery and healthy living. Exercises, self-assessments and journaling make the workbook incredibly practical.

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Author’s Notes: In my early recovery I moved back to my home town and closer to my family, all the people who I had avoided during my alcohol and drug using years. I made this move because God had opened the door for a job transfer with the United States Post Office. In retrospect I see that God handpicked the specific Post Office and time of that move, but back in 1987, I was a beginner in my spiritual walk so I stepped through the door that opened and hoped for the best. I was pretty beat up physically, emotionally, mentally and spiritually. God made me lay down in the green pastures and boy did I need the rest. In my DECISION to follow my Shepherd He lead me to quiet waters and had me really take an honest look at myself.

Step 4 – We have made a decision to make a searching and moral inventory of ourselves.

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Reviews



“The workbooks bring alive the connection between what actually works in real life struggles with addiction and what God has revealed to us. The books masterfully connect a line of the Psalm with one of the Steps. Expanding upon the metaphor of the shepherd and His sheep, the books in a very practical way takes one through the emotions, issues, and barriers that usually surface as one walks through the steps.”

—Sid Niemeyer, Executive Pastor
Valley Community Church

“When I first tried to get the 12 Steps I guess I didn’t really understand the spiritual part. But once I worked the Steps through Psalm 23 in this workbook, it really helped me with the 12 steps and God. I got the connection because I’m like the lamb and God is the Shepherd.”

—Angela F.

“Marcy Hawkins makes the steps to recovery come alive through David’s Psalm 23. This study has so dynamically changed the lives of the women who come through our program by renewing their minds with the truth and word of God! Everyone will be blessed by this study by learning that God loves them, has a purpose for them and defends them through all of life’s struggles- just as David discovered! Marcy’s professional and personal experience with recovery makes this book a ‘must have’ for any individual struggling with life’s ups and downs!”

—Carla McRee, Associate Director, Shepherd's Gate, a home for women

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