

HB Publications Releases First in New "Five Twelve" Series of 12 Step Books

First edition takes the recovering addict through all 12 steps of recovery in 120 days with inspiration from Biblical verses

First edition takes the recovering addict through all 12 steps of recovery in 120 days with inspiration from Biblical verses Cleveland, United States - April 16, 2017 /MarketersMedia/ -- HB Publications, LLC, the publisher of media that aids in addiction recovery, announced today that it has released "Five Twelve - Working the 12 Steps of Recovery with Inspiration from the Five Books of Moses - 120 Day Program." The 120 day program edition first in its new "Five Twelve" series of recovery titles. The book takes the reader through all 12 steps of recovery in 120 days, with daily reflections and journaling experiences based on verses from the Pentateuch. Each step lasts 10 days.

"The idea with the Five Twelve series is to take the 12 step exercises we developed for the 'For I Will Be With You' workbooks and place them in a manageable timeframe for all 12 steps," said Boruch Binyamin, the religious Jewish author of the workbooks. "Having worked with people in recovery for many years, I well understand the value of having a meaningful objective that can be achieved in a reasonable period of time. In this case, you can do all 12 steps in 120 days, building on your religious faith all the while."

The Five Twelve book's insights are based on ideas taken from classical commentaries on the Torah. Each of the 120 days covered in the book discusses a verse from one of the Five Books of Moses and then provides an AA meditation, thought questions and a 12-step journaling exercise. For example, on Day 52, the book references the episode in Genesis when Jacob sells Esau a bowl of stew in exchange for his birthright as the patriarch of the entire Judeo-Christian tradition. The book associates this moment with Step 6 of AA, "Were entirely ready to have God remove all these defects of character."

The company is planning to publish further editions, including a 30 day program book. Boruch Binyamin is the pseudonym of a 52-year-old man who is in recovery from alcoholism. The books can be ordered at www.hbpubs.com.

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