



The Wisdom of the Rooms - Volume Four

Michael Z

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Michael Z continues to deepen the experience of recovery for thousands of people worldwide with this Fourth Volume of The Wisdom of the Rooms. Written both for those on the journey of recovery and for those who wish to understand its significance and meaning, Michael Z uses the quotes and sayings heard in 12 Step meetings to explore and share the magic and wonder of the spiritual experience.

People Are Raving About Wisdom of the Rooms - Volume Four

"Volume Four of The Wisdom of the Rooms by Michael Z combines the gems of timeless wisdom with thoughtful reflections that will be valuable for anyone, whether just entering recovery, or those with years of sobriety. This book offers the reader the support, common sense and wisdom of a seasoned sponsor." - **Jane Middleton-Moz, Author, *Shame and Guilt: Masters of Disguise* and Co-Author, *After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma***

"The Wisdom of the Rooms is a delightful book which can be read many times over. Readers are encouraged to pick and choose their way through various quotes by using the reflection questions, which help deepen their insight. This book makes a great addition to the recovery library." - **Barbara Sinor, Ph.D., Author, *Addiction and Inspiration for Recovery***


"I recommend The Wisdom of the Rooms to all my patients and families that have someone in need of recovery. A must read for anyone who knows anybody in recovery." - **Sharon Rechter, MD**

"Highly recommended for those wishing to deepen their understanding and experience of recovery." - **Kelly Madigan Erlandson, LADC, Author, *Getting Sober: A Practical Guide to Making it Through the First 30 Days***

About the Author

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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