



# How Was Your Week: Bring People Together in Recovery the LifeRing Way - A Handbook

*Martin Nicolaus*

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The growing demand for an abstinent recovery pathway free of the twelve-step model drives the growth of LifeRing support groups. This is a comprehensive handbook for people who are considering starting LifeRing in their community. It's also a useful reference for people already leading LifeRing meetings. How Was Your Week is based on thousands of hours of experience in face-to-face and online LifeRing meetings and includes the voices of dozens of experienced LifeRing group leaders (convenors). This updated and expanded version of the first (2003) edition adds two more chapters, many more suggestions and hints, and a first-chapter summary for the reader in a hurry.

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