

## Region IV Tenth Step Journal

***Announcing the new Region IV Tenth Step Journal.*** Finally, a clear precise way to manage your daily tenth step. With sections to list your food, your gratitude and a daily writing assignment as well as the daily inventory. You will find this journal to be a great tool to help with your recovery. The journal is \$10.00 each plus \$4.00 shipping and handling. You can order online at [www.oaregion4.org](http://www.oaregion4.org) or send your request to Region IV, PO Box 1604 Fenton, MO 63026.