



A Gift to Self

William Stephenson PhD

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These are poems and stories of recovery, forgiveness, healing and reconciliation.

“Bill, in A Gift To Self, has an incredible ability to touch the deeper threads, the soul, of life through his words. He reminds us that only through all the twists and turns of living does one truly find themselves.” – Timothy Welch of Recovery Reflections

It has taken over 8 years to create and compile the poems and stories that make up this book. Many of these stories and poems were inspired by work that was done with a client who was struggling with a life-threatening illness, a difficult loss, a destructive and seemingly impossible behavior in their lives that needed changing, or an issue of abuse or trauma. Thus, many of these poems and stories address the issue of being in recovery. However, all of the poems and stories have a spiritual element.

There are also poems and stories that speak to those who struggle with belief, trust, faith and hope. How does one find wholeness again? How does one learn to celebrate again? These and other existential questions are addressed throughout the book.

From the author: "This is clearly more than a book of poetry. My intention was to develop a book of material that would offer hope and inspiration to those who struggle with issues that keep them from knowing their best self."

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