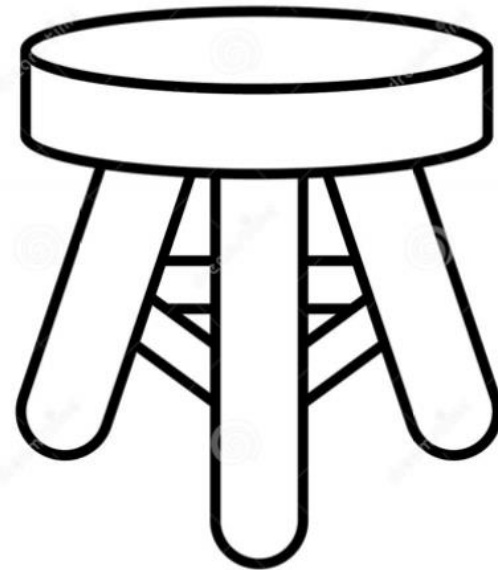

THE THREE-LEGGED STOOL

Achieving Strength Through Balance



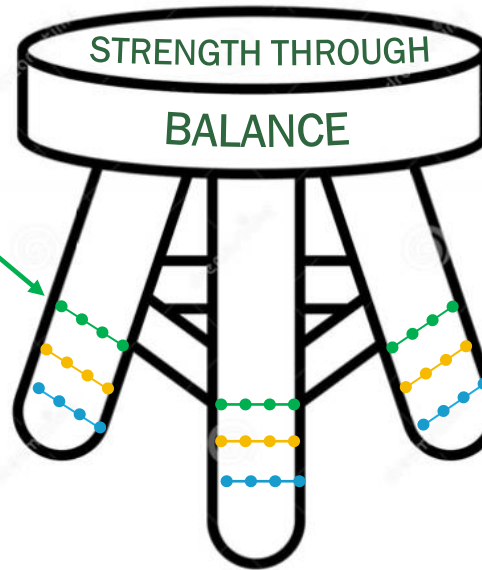
A LIFE WELL LIVED IS A LIFE LIVED IN BALANCE.

LIKE A 3-LEGGED STOOL, EACH LEG MUST BE CARED FOR, MAINTAINED AND STRENGTHENED.

Neglect one leg and the stool becomes unbalanced; further neglect may cause the leg to fail, at which point the stool fails.

the balance of:

- 1) **Body**
- 2) **Mind**
- 3) **Spirit**



the balance of:

- 1) **Trusting God**
- 2) **Cleaning House**
- 3) **Helping Others**

Dr. Bob's prescription
for alcoholism

the balance of: *(broken bone analogy)*

- 1) **Get Sober** (set the bone)
going to 12-step meetings can get you sober
- 2) **Clean House** (address the infection)
working the steps can move you into recovery
- 3) **Heal & Rebuild Life** (strengthen the limb)
active participation in the fellowship lets you heal and strengthens your recovery

THE 3-LEGGED STOOL

a 3x3 approach to achieving holistic wellbeing

A LIFE WELL LIVED IS A LIFE LIVED IN BALANCE.

DR. BOB'S PRESCRIPTION FOR ALCOHOLISM

Neglect one area and you become unbalanced; further neglect will cause significant issues you'll have to work to correct.

R. H. SMITH, M. D.
2ND NATIONAL BLDG. AKRON, OHIO
TELEPHONE: HE-8523 REG. NO. _____

R FOR alcoholics
ADDRESS _____ DATE Feb 1937

Always remember it

1. Trust God
2. Clean house
3. Help others

NR | 1 | 2 | 3 | INF. |

[Signature] M. D.