



FOR IMMEDIATE RELEASE
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MAITLAND, FL— With **STEPS: A Daily Journey to a Better Life**, (\$16.99, paperback, 9781628718928; \$26.99, hardcover, 9781629521817; \$8.99, e-book, 9781628718935) Steve Ward introduces a book, blog, and group study curriculum that present five steps to improve your life one day at a time. Recovery techniques that have helped millions and proven spiritual principles are woven into this unique how-to guide for effective living, which features hundreds of practical examples as well as useful lessons from traumatic trials experienced by Ward and his family. The foundation of this approach is the Twelve Steps, but this is not a book about recovery. Instead, we discover a secret most of the world does not understand, that these steps apply to all us and provide one of the best tools ever developed for living each day in a healthy and satisfying manner.

Community and business leaders have described STEPS as “a book that can change lives” by delivering “practical, yet powerful, concepts.” See why pastors declare, “I’m grateful to Steve Ward for bringing these principles to the broader public,” and challenge us with, “Steve reminds us we are on a journey. Now, are YOU ready to begin?”

Over the past decade, Ward and his family endured battles with alcoholism and depression, and he and his wife faced significant marriage and financial issues. During this time, Steve devoted himself to extensive study of spirituality and recovery and closely examined how people could improve their lives using these time-tested principles. Most importantly, he lived through it himself, and he saw firsthand how transformation is possible. Now, he is committed to helping people improve their lives and grow closer to God, using *STEPS* as a guidebook for that journey.

Xulon Press, a division of Salem Communications, is the world’s largest Christian self-publisher, with more than 12,000 titles published to date. Retailers may order **STEPS: A Daily Journey to a Better Life** through Ingram Book Company and/or Spring Arbor Book Distributors. The book is available online through xulonpress.com/bookstore, amazon.com, and barnesandnoble.com.