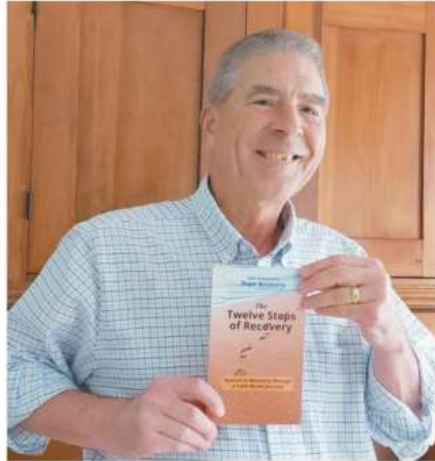


# Hempfield resident publishes faith-based recovery book

BY ADRIAN ESCHENWALD

On Dec. 4, Hempfield-based author and podcaster Greg Schmalhofer released his latest book, titled “The Twelve Steps of Recovery: Success in Recovery Through a Faith-Based Journey.” Similarly to Schmalhofer’s previous work, the book presents a biblical approach to the recovery process by offering a faith-centered perspective to those who are battling addiction.

“The Twelve Steps of Recovery” elaborates on each individual step in the recovery process featured in “The Hope Recovery Podcast,” a weekly show that Schmalhofer created in September 2022. Just as each episode of Schmalhofer’s podcast highlights a specific topic, each chapter of the new book



**Greg Schmalhofer released his latest book on addiction recovery in December.**

explores a key principle related to one of the 12 steps in the program. At the end of each chapter, Schmalhofer includes multiple Bible passages that relate to that particular step. “Translating the material to a book format allows me to give a more focused presentation,” Schmalhofer said.

## Recovery book *from pg 1*

“You can listen to the podcast while you’re driving or doing the dishes, but the book expands on each principle for a more engaging experience.” Schmalhofer added that he relied on support from his wife, Brenda, and longtime friend Russ Hamer while working on his podcast and books.

Schmalhofer continues to host “The Hope Recovery Podcast” on the first Monday of every month. After Schmalhofer used the podcast to highlight all 12 steps in the program, he shifted its schedule to a monthly format, and each episode now features a fresh topic that relates to the recovery community. Schmalhofer said he attempts to pick the topics based on what he feels could benefit his listeners the most; his episodes often alternate between a devotional format and an interview with someone who is either in recovery or active in a recovery minis-

try. For his next undertaking, Schmalhofer hopes to introduce a video element to his podcast, which currently only includes audio.

Schmalhofer became heavily involved in the recovery ministry as he approached his retirement from the information technology industry. He became a volunteer at Grace Baptist Church in Lancaster, where he assisted with the Discovery Recovery program. After receiving a master’s degree in theological studies, Schmalhofer became director of the program. Since delving into various aspects of the recovery community, Schmalhofer has continued to create content for support groups, rehabilitation facilities and individuals who with substance abuse issues.

“My focus is ultimately to help people be successful in recovery and to bring God into their lives,” Schmal-

hofer said. “It’s through the combination of the two that you can live a brand-new life.”

For more information on “The Twelve Steps of Recovery” or Schmalhofer’s podcast, visit [www.hoperecovery.us](http://www.hoperecovery.us).

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