

# Twenty Four Hours A Day Meditations Hazelden Meditations

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Twenty-Four Hours a Day for Teens - Anonymous 2010-02-19

A beautiful adaptation of the best-selling meditation book, Twenty-Four Hours a Day, just for teens. Twenty-Four Hours a Day for Teens was created to help young people navigate the peaks and valleys of developing an active spiritual life in recovery. As an abridged and revised version of the classic Twenty-Four Hours a Day, this volume reflects the time-honored wisdom that has helped millions of recovering people around the world in their program of living one day at a time.

**Food for Thought** - Elisabeth L. 2009-09-29

Food for Thought offers comforting words for compulsive overeaters who seek to understand the role of food in their lives, and helps them support a life of physical, emotional, and spiritual balance. Food for Thought offers wise and comforting words for compulsive overeaters who seek to understand the role of food in their lives. Each day's reading in the best-selling classic--the first Hazelden meditation book to address the needs of overeaters--supports a life of physical, emotional, and spiritual balance. Read daily by millions, Hazelden meditation books have set the standard for quality and popularity. Like all the Hazelden meditation favorites, Food for Thought provides enduring wisdom, reassurance, and strength.

**If You Want What We Have** - Joan Larkin 1998-03-11

If You Want What We Have

The Little Red Book - Anonymous 2018-07-25

Designed as an aid for the study of the book, Alcoholics Anonymous, The Little Red Book contains many helpful topics for discussion meetings. This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsorprovides in-depth discussions of each of the Twelve Steps and related character defectsposes common questions about AA and helping others, identifying where to find answers in the Big Bookfeatures non-sexist language.

*Body, Mind, and Spirit* - Anonymous 2010-04-19

The thoughtful and inspiring meditations in *Body, Mind, and Spirit* provide anyone in Twelve Step recovery practical daily guidance for healing physically, mentally, and spiritually. Even those of us with years of recovery experience have days when we feel stuck. We notice ourselves returning to unhealthy behaviors and wondering how much progress we have really made. This classic meditation title addresses this bump in the road by helping us separate sobriety from a truly healthy,

fulfilling recovery—and giving us advice to stay on track. If you are working the Steps in Alcoholics Anonymous, Narcotics Anonymous, Gamblers Anonymous, Codependents Anonymous, or another program, the thought-provoking readings, quotations, and calls to action in Body, Mind, and Spirit will help you keep moving forward each day. Whether you are struggling with treating your recovering body with respect, letting go of old resentments, or finding a routine that nourishes your spirit and connection with your Higher Power, this book is full of wisdom to help you find true healing and wholeness on your journey

**Making the Little Black Book** - Damian McElrath 2012

Making the Little Black Book features the original working manuscript of Twenty-Four Hours a Day—a book that continues to transform the lives of millions worldwide. High-resolution scans of the primary document with the original handwritten notes by Richmond Walker capture the thoughts and edits that went into the first edition of Twenty-Four Hours a Day during its production from 1946 to 1948. Commentary by AA researcher and historian Damian McElrath provide further context to the Walker's life and the creation of Twenty-Four Hours a Day, framing the manuscript in time and place, explaining how various sources and beliefs contributed to the text. This manuscript is essential for those interested in AA history as well as members of the Fellowship.

**Boundaries for Codependents** - Rokelle Lerner 2010-12-02

So much of recovery from codependence has to do with figuring out where we stop and another person begins. Growing up in an alcoholic or dysfunctional family often prevents us from creating healthy physical, emotional, intellectual, and spiritual boundaries. This pamphlet offers meaningful insight on how to build healthy boundaries. So much of recovery from codependence has to do with figuring out where we stop and another person begins. Growing up in an alcoholic or dysfunctional family often prevents us from creating healthy physical, emotional, intellectual, and spiritual boundaries. This pamphlet offers meaningful insight on how to build healthy boundaries.

**Drop the Rock** - Bill P. 2009-06-03

A practical guide to letting go of the character defects that get in the way

of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

**The Language of Letting Go** - Melody Beattie 2009-12-12

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

**A Life of My Own** - Karen Casey 2010-06-28

As part of the incomparable Hazelden Meditations series, the daily readings in A Life of My Own ask us to truly reflect on our relationships with people in our lives who are dealing with alcoholism or other substance use and addiction—and more importantly, to establish and improve a relationship with ourselves. When we love people who use or abuse alcohol and other drugs, we can get so wrapped up in trying to understand and “fix” the addiction problem. It is easy to lose sight of ourselves and stop living our own lives. Designed for personal growth, this collection of readings by beloved recovery author Karen Casey inspires readers to invest in themselves again by addressing the feelings of desperation and frustration at the core of codependency. With the wisdom of Twelve Step principles, relatable anecdotes, and helpful recovery insights, readers can build a daily practice of reflection, inspiration, healing, and meditation. The simple, straightforward quotations and affirmations in A Life of My Own offer the strength and

courage we all need for true freedom. Encouraging you to connect with your spiritual and emotional health—as well as build self-esteem, serenity, and acceptance—Casey reflects on the type of healing that helps us return to living.

*Just for Today* - Narcotics Anonymous World Services 1991-01-01

The twelve steps and Twelve traditions reprinted for adaptation by permission of AA World Services, Inc.--T.p. verso.

*Each Day a New Beginning* - Karen Casey 2009-06-03

With millions of copies sold, these inspirational daily meditations speak to the common experiences, shared struggles, and unique strengths of women in recovery from all addictions. Discover why *Each Day a New Beginning* has become a classic for recovering women everywhere. Beloved author Karen Casey shares wisdom on spirituality, acceptance, self-esteem, relationships, perfectionism, the importance of connecting with other women, and many other topics essential for continued sobriety and personal growth. These daily meditations begin with quotations from exceptional and diverse women from around the world and end with actionable affirmations for the twenty-four hours ahead. In this perfect companion for AA, NA, and other Twelve Step programs, all recovering women will find messages that inspire them to live their best lives.

*Easy Does It* - Anonymous 2010-06-28

For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. *Easy Does It* provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will disable any trauma, loneliness, or emotional pains in your recovery. Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. *Easy Does It*, written by the authors of *The Twelve-Step Prayer Book*, is a Twelve-Step

meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. These aren't simple buzzwords: they are the birthplace of your day's spirit. One simple thought can change your day. Make yours serene.

*Twenty-Four Hours a Day* - Anonymous 2011-06-01

2011 Reprint of 1954 Edition. Richard Walker, the author of this work, is the second most popular Twelve Step recovery author in total sales, after Bill Wilson. Walker has helped untold numbers of alcoholics through his writings. "*Twenty-Four Hours a Day*" is a book of meditation, thought, and prayer that is soul inspiring, spiritually uplifting, and filled with sage words of wisdom. While geared toward members of Alcoholics Anonymous to help them in their daily program of recovery, the book has much to offer any individual who is working on self-improvement and personal growth, and who is searching for spiritual uplifting and guidance. The book is divided into the 365 days of the calendar year, offering a thought, meditation, and related short prayer on each day. Much of the material is based on the Big Book and other A.A. literature. A classic work.

*Twenty-Four Hours a Day* - Anonymous 2009-06-03

This best-selling meditation book for those in recovery offers daily thoughts, meditations, and prayers for living a clean and sober life. Since 1954, *Twenty-Four Hours a Day* has become a stable force in the recovery of many alcoholics throughout the world. With over six and a half million copies in print (the original text has been revised), this "little black book" offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives. "For yesterday is but a dream, and tomorrow is only a vision" is part of the Sanskrit proverb quoted at the beginning of the book which has become one of the basic building blocks for a life of sobriety. In addition to a thought, meditation and prayer for each day of the year, this handy, pocket-sized volume also contains the Serenity Prayer and the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. It is a simple, yet effective way to help us relate the Twelve

Steps to everyday life and helps us find the power not to take that first drink each day.

*Daybreak* - Maureen Brady 2013-05-01

These 366 daily affirmations and meditations extend support and wisdom to women who have survived childhood sexual abuse. These 366 daily affirmations and meditations extend support and wisdom to women who have survived childhood sexual abuse. With understanding, compassion, and strength, the author addresses issues such as intimacy, fear, play, sharing secrets, and anger. She also shares her personal knowledge of sexual abuse to illustrate that we can not only survive, but thrive.

**Glad Day** - Joan Larkin 1998-09-25

Glad Day

*A Day at a Time* - Anonymous 2009-09-29

Based on the spiritual foundations of Twelve Step programs, these daily readings—part of Hazelden’s meditation series—offer inspiration, affirmation, and hope to those of us in recovery from addiction. Drawing upon insightful phrases often overheard in the rooms of recovery, the daily reflections and prayers in this collection are intended to offer comfort and guiding reminders to those recovering from alcoholism, drug addiction, substance use disorders, process addictions, or other compulsive behaviors. Recovery is a process that happens a day at a time, and this daily reader will support your journey.

**Twenty-Four Hours a Day for Teens** - Anonymous 2004-02-20

A beautiful adaptation of the best-selling meditation book, *Twenty-Four Hours a Day*, just for teens. *Twenty-Four Hours a Day for Teens* was created to help young people navigate the peaks and valleys of developing an active spiritual life in recovery. As an abridged and revised version of the classic *Twenty-Four Hours a Day*, this volume reflects the time-honored wisdom that has helped millions of recovering people around the world in their program of living one day at a time.

**Twenty-Four Hours a Day Journal** - Richmond Walker 2001-08-17

*Twenty Four Hours a Day (24 Hours) Journal*

*The Promise of a New Day* - Karen Casey 2009-10-28

With more than 300,000 copies sold, this acclaimed book of meditations

is the perfect companion for anyone looking to add a moment of peace and self-reflection to their days. Some of us are recovering from addiction, trauma, codependency, or a mental health disorder. Others of us are simply looking to slow down our hectic lives and focus on personal growth and self-care. No matter what our reason for seeking wisdom and inspiration, a daily meditation practice can be an invaluable tool for our journey. This collection of engaging, healing, and practical meditations by trusted recovery authors Karen Casey and Martha Vanceburg reminds us that each day is an opportunity to be fully present and live our best lives. Complete with inspiring quotations from diverse voices and daily lessons on replacing shame and fear with hope and self-love, *The Promise of a New Day* is the perfect meaningful gift for a loved one or ourselves.

**Drop the Rock--The Ripple Effect** - Fred H. 2016-05-24

*Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book’s “Promises,” and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls “the ripple effect” that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up “the rock” again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps. providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, *Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery

for over three decades and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

**Today's Gift** - Anonymous 2010-02-19

Intended to nurture self-esteem and strengthen family relationships, these meditations help families explore harmony, sharing, individuality, trust, privacy, and tolerance. Each family member is both an individual and a part of a larger unit. The tensions and joys that can help a family care for all its members are explored in these meditations that nurture family esteem and strengthen family bonds. The readings in Today's Gift nurture self-esteem by encouraging discussion, self-expression, and respect. They feature insightful, challenging, and caring quotations from ancient proverbs, nursery rhymes, and cartoon characters, as well as important public figures that are familiar to all generations of the family.

**Strengthening My Recovery** - 2013-11-01

Daily Meditation book written by and for the Adult Children of Alcoholics (ACA/ACoA) Fellowship. Contributions reflect experience, strength and hope as part of the contributors' recovery journeys.

Morning Light - Amy E Dean 2011-09-28

A book of fresh meditations, Morning Light offers beautifully written bursts of inspiration to help you begin each day with renewed self-confidence and serenity. A book of fresh meditations, Morning Light offers beautifully written bursts of inspiration to help you begin each day with renewed self-confidence and serenity. Amy Dean brings the comfort and courage offered in her top-selling meditation book Night Light to this companion for the morning hours, helping devoted fans and new readers start their day on a bright and positive note. Written in her signature personable style, these sensitively chosen quotations, inspiring reflections, and simple prayers work together to make each day of the year one to look forward to.

**Stools and Bottles** - Anonymous 2010-02-19

This popular book provides thirty-one daily reminders on commonly encountered AA problems during an alcoholic's way of life. Stools and Bottles offers penetrating insights into the first four Steps from a well-

known A.A. talk. The author, who also wrote The Little Red Book, describes a three-legged stool, the legs of which represents Steps One, Two, and Three. They support the seat, which symbolizes the alcoholic. An excellent aid to the daily application of the A.A. program. An old-time classic!

*Touchstones* - Anonymous 2009-09-29

In the quest for sustained sobriety and self-development, we must look outside of ourselves to discover our inner truths. Whether we are facing dependency or parenthood, marriage or meditation, everyone needs a guide to embolden their coping skills and settle in to a better, more balanced life. Touchstones has strengthened millions of recoveries for more than thirty years. Offering suggestions for deepening integrity, spirituality, and intimacy—a recovering man's trinity—it helps men transform addictive behaviors and thinking into an empowered manhood. This engaging self-help book, designed specifically for men, explores masculinity through informative, inspirational meditations. Touchstones offers profound advice for life's many changes and emphasizes the importance of recognizing the effects of common emotions such as anger, resentment, and fear. Its striking insight supports any stage of recovery, but the daily readings in this book are not simply for a better recovery; they are for a better, more balanced life. Continued awareness and involvement with these ideas provide ongoing personal growth. Although this growth is entirely our own, its benefits will be shared. Newfound mental health and wellness will spread infectiously to every relationship, with friends and family alike. Here, every manly struggle meets an insight. The cycle of addiction meets its end.

**Cornerstones** - Victor La Cerva 2018-10-02

We all need tools to help us fully embrace the new way of life made possible through recovery. Truly break the addiction cycle by uncovering the reasons for former dependencies and behaviors, discovering new perspectives, reshaping your sense of masculinity, and building the coping skills that support real physical and emotional sobriety. Cornerstones provide the foundation for growth and strength. This collection of daily readings was designed specifically for men who are

new to recovery or are working to move beyond the internal roadblocks that prevent true personal evolution in recovery. Overall health and wellness are supported by the author's artful exploration of the common aspects and archetypes of masculinity we encounter in our lives. Complementary to working a Twelve Step program or other recovery approaches, this latest addition to Hazelden's incomparable series of daily meditation books fosters reflection, motivation, change, mindfulness, personal growth, and new definitions of manhood. Offering guidance, inspiration, spirituality, affirmation, and new definitions of manhood upon which to build a new life free from substance use and process or other addictions, each meditation in this collection was crafted to support your journey of recovery to become your best possible self.

The Reflecting Pond - Liane Cordes 1981

The Reflecting Pond is a collection of meditations that takes one subject at a time and covers it in depth. Whether we have a concern about self-acceptance, fear, friendship, or love, there is a chapter full of understanding thoughts. Used as an extra dose of support on specific issues, this book will help us think through day-to-day living problems. An excellent resource for those in aftercare programs.

**Days of Healing, Days of Joy** - Earnie Larsen 2010-06-04

Children of alcoholic or addicted parents may be stripped of hope, courage, and self-esteem. The dysfunctional family is fueled by shame and chaos, stunting children's relationships and self-acceptance. Adult children of alcoholics and addicts need encouragement to overcome these childhood deprivations. Days of Healing, Days of Joy models a program of serenity, spirituality, and acceptance through its meditations. "Children of alcoholics are set up for their struggles. You are not sick. You got set up." —Dr. Jan Woititz Alcoholic or addicted parents may become focused on their compulsion while their children fend for themselves in a dysfunctional household. Without helpful and informative parental guidance, children manage their own personal growth, and their spiritual and emotional health suffers. Children parent themselves, and their innocence dies. Parents with addiction may not have demonstrated

healthy connection and love to their children. Adult children of addicts or alcoholics are often shadowed by this disconnect; codependency, self-judgment, and overzealous loyalty darken their doorway. Fortunately, healing and recovery are within reach. In Days of Healing, Days of Joy, Earnie Larsen and Carol Larsen Hegarty share the reflective and peaceful insight needed for growing up again—this time with plenty of love and patience.

Day by Day - Anonymous 2009-08-10

A collection of Hazelden Meditations written by people in recovery from opioid addiction for people looking for a daily reader designed to support their sobriety. During more than 40 years, more than a million people have relied on Day by Day as an essential source of inspiration, spirituality, and mindfulness for their ongoing health and wellness. Reinforcing the Twelve Step principles of Narcotics Anonymous, each thought of the day in this classic collection fosters the coping skills, insights, and spiritual growth that have helped people around the world find freedom from drug dependency and addiction.

*Answers in the Heart* - Anonymous 2011-02-17

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

**Daily Reflections** - A a 2017-07-27

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year—one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve

Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

### **12 Stupid Things That Mess Up Recovery** - Allen Berger 2009-06-03

In addition to staying connected to our support systems and avoiding opportunities to use during the coronavirus pandemic, we can also keep confronting and conquering the self-destructive things we think and do that undercut our health and sanity. Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include: confusing self-concern with selfishness; not making amends; using the program to try to become perfect; not getting help for relationship troubles; and believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

### **Walk in Dry Places** - Mel B. 2010-11-09

Walk in Dry Places is a daily reader for those who seek simplicity and assuredness in their Twelve Step program. Recovery doesn't settle at physical or emotional sobriety. Rather, it aims to grow in honesty and intention each day. This meditation book, complementary to any

addiction recovery, simplifies our daily self-improvement with thought- and action-provoking meditations. Nowadays, there are medications, therapy-based activities, and mindfulness exercises. Undoubtedly, these are helpful new tools and coping skills. For people in recovery from alcoholism or drug addiction, though, the best medicines are still good action and honesty. Addiction treatment, counseling, therapy, and working a program give a good start. For continued results, though, a recovering person must act thoughtfully and truthfully each day. With many years in the program, respected recovery writer Mel B. simplifies our daily engagements with straightforward and insightful advice. Packed with experiential meditations and prayers, Walk in Dry Places ensures continued growth in spirit. It teaches us to extend ourselves into the real world and improve the lives of others—not just our own. Through guided thought and action, we elevate the principles and people that are truly important in our recovery, and turn the rest over to a Higher Power.

### *Today's Gift* - Hazelden Publishing 1985-09

A year of daily meditations to celebrate and strengthen the family.

### *Twenty-Four Hours a Day* - Anonymous 1992-02-01

Twenty Four Hours a Day Softcover (24 Hours)

### *Today I Will Do One Thing* - Anonymous 2010-04-12

This ground-breaking daily meditation book is for people in addiction recovery who also have an emotional or psychiatric illness. Today I Will Do One Thing is written especially for those who have a substance use disorder and a mental health disorder--called dual disorders. These daily readings construct a simple blueprint for positive problem solving, such as dealing with situations and relationships typically difficult for people with dual disorders. Readings also: provide practical demonstrations of effectively handling emotions, mild paranoia, and other difficulties; state an affirmation and acknowledge a common problem; provide insight for positive change; and offer motivation to complete one simple, concrete goal for the day.

### **Keep It Simple** - Anonymous 2009-09-29

A dependable companion for people in all stages of recovery, Keep It

Simple's meditations bring you back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of Alcoholics Anonymous, Narcotics Anonymous, and other programs. By providing a year's worth of encouragement, reflection, and prayer, *Keep It Simple* becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

*God Grant Me* - Anonymous 2009-06-03

Speaking thoughtfully to those recovering from substance abuse and addiction, *God Grant Me* offers a daily dose of strength and wisdom with each of its meditations. The journey of recovery is inspired by insight, prayer, and continuous renewal. After years of reflection on the themes they presented in their first collection of readings, with this follow-up the authors of the bestselling meditation book *Keep It Simple* build upon incorporating Twelve Step practices into their daily lives. These readings present the recovery wisdom of Alcoholics Anonymous, Narcotics Anonymous, and other Twelve Step programs, supporting readers in the process of developing a regular therapeutic practice of mindfulness, community, and inspiration. Overcoming addiction requires connecting with the things that define a life of health and wellness—introspection, spirituality, daily support, and fellowship. *God Grant Me* is a dependable companion that gives guidance and inspiration for new beginnings and a sustained sober life.