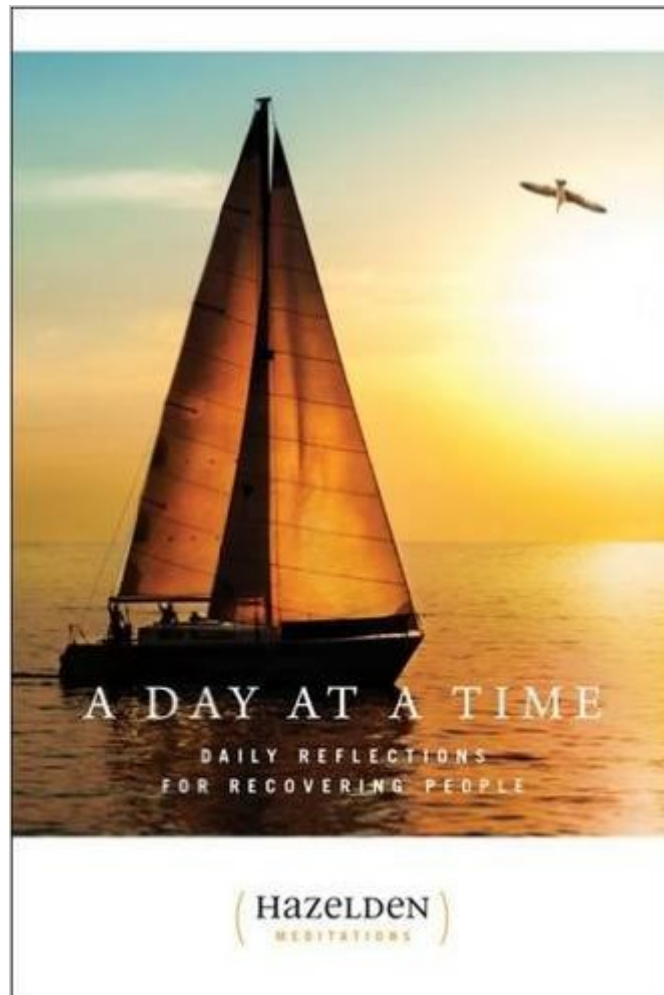


The book was found

# A Day At A Time: Daily Reflections For Recovering People (Hazelden Meditations)



## Synopsis

These daily reflections, prayers, and tags of memory-sticking phrases are intended to offer inspiration, comfort, and, above all, hope to those recovering from alcoholism, or from other forms of chemical dependency or compulsive behavior. The book is based on the solid spiritual foundation of Alcoholics Anonymous (AA), and upon the Twelve Steps and Twelve Traditions. It draws also upon the great body of accumulated human wisdom--from Civilization's Golden Age to our not-always-so-golden modern era from Socrates to Bill W., co-founder of AA. Here, in brief day-by-day messages are some of these available riches, the words of poets, scholars, philosophers, psychologists, which are the verbal sums of centuries of human experience. May those sums and sayings serve as guidelines--a day at a time.

## Book Information

Series: Hazelden Meditations

Paperback: 384 pages

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Product Dimensions: 4 x 0.8 x 6 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (85 customer reviews)

Best Sellers Rank: #304,219 in Books (See Top 100 in Books) #444 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#) #683 in [Books > Religion & Spirituality > New Age & Spirituality > Mysticism](#) #861 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

I have used this meditation book as a recovering person since 1983 and have given it as gifts for years. This is my favorite of these type books because it is not purely Christian in its focus. There are quotes included by many diverse authors (Epicurius, Homer, Thomas Merton, Emerson, even Elizabeth Barret Browning to name but a few). It also leads one thru the twelve steps as a suggested program of action rather than a guilt obsessed "should book".

I don't think we as human beings actually recognize the power of daily reading, meditation, and

reflecting. Practicing these powerful principles allows us to remain mindful of the moment and reflect upon the deeper question in our lives. To devote oneself to a daily meditation and to journal on these quiet times is priceless and will certainly aid in the evolution of our soul. For me this practice has allowed an awakening to take place and opens my life up to all the opportunities that are available in this universe. Please give this practice a try! This book will help you in your journey of living and cultivating an active consciousness in your daily life. Richard A. Singer Jr. Author *Your Daily Walk with the Great Minds of the Past and Present*.

and that just about says it all. I've used this one and the *Twenty Four Hours a Day* for years now as part of my daily morning meditation and prayer I do after my first cup of coffee every day. This and the Morning practice and prayer outlined in the *Big Book* on pages 86 and 87 always seems to get my days off in the right direction.

This little book helps me to start each morning with simple insights which enhance each day's discoveries. I feel lucky to have found this magic book! I like it so much I often give it as a gift to others on their birthday!!

I have come across this book in a few "groups" that I have been in but never paid much attention until September 2 writing. I keep this book close at hand even when I am not at home. Each day I read the passage and learn a new lesson in life not just recovery. I will probably have each day memorized by the end of my life since I wake up, grab my coffee and sit down to read today's passage. It gives me something to contemplate through out the day as well as lifts me up and helps me connect with God first thing in the morning. If I am feeling down during the day I reread the passage and remember to look to God for His guidance and grace to help me make it through the day!

If you are looking for a way to stay sober as an alcoholic, I suggest this book, one page for each day. and the strange thing about it is, that it usually covers the problem (solution) that you are bugged on that day. It has simple and short sentences to remember throughout the day. I have read it now for 3 years and I'm still sober!!

I do a daily reading from this & the language of letting go. Both are an integral part of my recovery. It's part of the way that I "feed my soul". If I don't do my morning readings I really notice it through the

day.

Came very quickly :-)| bought this for a friend who's going through some rough times.All I can do is hope it helps soothes some of his anxieties.Was recommended to me by a friend who reads it daily for the last 4yrs...over & over.God Bless Us All ...Thank you

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