

Daily Reflections: A Book Of Reflections By A A Members For A A Members

Daily selections of quotes, ideas, and inspirational thoughts offer teenagers guidance for improving their self-image, building friendships, achieving their goals, making important decisions, and gaining self-confidence

Twelve Steps to recovery.

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.

Provides a daily reading program that keys on the author's guidelines to personal fulfillment and success and offers inspiration, insights, and motivational guidance

Thoughts on Dharma and Recovery

Daily Reflections for Highly Effective People

Healing After Loss

Daily Meditations for Advent

Daily Reflections on the Book of Mormon

Daily Reflections for Recovering People

Just for Today

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.

Healing through meditation--a year of daily reflections to help you embody positive thinking. Learn how daily meditation books can help you heal yourself and transform your life--one day at a time. The Daily Meditation Book of Healing will help you address trauma, anxiety, and emotional distress with encouraging and inspirational reflections and affirmations for every day of the year. Discover the benefits of spending a few minutes a day in mindful meditation as you embrace possibility, awaken to curiosity, and take inspired action. Expand your potential as you devote yourself to the practice of compassionate tenderness in a way that only daily meditation books allow. Go beyond other daily meditation books with: 365+ days of healing--Ground yourself and begin a year-long journey with the guidance of hopeful daily meditations. Mindful recovery--Look inward and change your thinking with affirmations that stimulate positivity and inner peace. Wisdom for everyone--Get the most out of your daily meditation books as you ruminate on powerful and transformational reflections open to all spiritual beliefs. Unlock the potential of daily meditation books as get help healing and becoming your best self.

Daily Reflections a compilation of poems from John Alexander's Peace in the Pandemic books as well as additional new poems he has added to provide the reader an opportunity to read a lyrical poem from his heart to yours each day of the year. His poems, written during his quiet time each morning, provide loving lyrics of light, morning meditations, daily devotionals, all shared from his heart providing insights and reflections of life.

Awaken your heart and engage your mind with Buddhist Wisdom: Daily Reflections, a simple but powerful collection of Buddhist sayings and extracts that offer an easy way to incorporate the Buddha's greatest teachings into your everyday life. Use it daily or at random to find help facing a particular issue, problem or simple uncertainty. Illustrated with photographs of traditional Buddhist people, sacred places and monuments, the book provokes contemplation and deeper understanding for all individuals, regardless of religious persuasion. Buddhist Wisdom also offers a brief overview of the life of the Buddha, Buddhist teachings and the spread of Buddhism around the world; includes a Buddhist calendar of celebration days and festivals.

Twenty-Four Hours a Day

Beyond Belief

A Book of Daily Meditations for Men

Daily Meditations for Recovering Addicts

The Language of Letting Go

Buddhist Wisdom

Daily Reflections from Genesis to Revelation

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

A daily reader for people interested in using Buddhism as a guide to working the Twelve Steps. Includes meditation instructions, Buddhist teachings, Twelve Step, and recovery guidance.

Every name of God revealed in the Bible shows us something about his character and his ways. This book offers readers a wonderful opportunity to spend time each day getting to know God more intimately. This insightful guide to the names of God provides 366 life-changing, personal devotions for new Christians and longtime believers. As readers explore 122 names and attributes of God, they will discover something special about who God is, who they are, and how they relate to others. Includes a Scripture and name index for easy navigation to favorite verses. Now in paper.

Deeply personal essays and daily prompts for self-reflection while healing from addiction and walking the road of recovery from the author of Meditations from the Mat and Meditations on Intention and Being. You are a process that has called for a teaching for this day. This teaching will not be new to you; rather it will be reminding you of what you already know. Reminding you of who you already are. Rolf Gates, author of Meditations from the Mat, has walked the walk of the 12-step method of recovery while traveling down the Buddhist eightfold way and practicing the Eight Limbs of Classical Yoga. His integrated approach has been the key to his understanding of sobriety for over 25 years. In his series of 365 essays, Gates explores the lessons and experiences from his own practice and study, classical teachings, and his career as a teacher and coach. Each eloquent and brief essay is accompanied by a self-reflection prompt to help guide you on your journey of introspection and change. As the co-founder of the Yoga + Recovery Conference at Kripalu Center for Yoga and Health and Esalen Institute, Gates has made a significant contribution to understanding the role that yoga can play in recovery from addiction. With his integrated approach to both the modern and classic teachings and by embedding it within the space of the human heart and everyday life, Gates is a solid guide to finding and living the freedom that lives within each of us.

Living THE SEVEN HABITS OF HIGHLY SUCCESSFUL PEOPLE Every Day

365 Lyrical Poems

The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

A Book of Daily Meditations

Daily Reflections For Highly Effective Teens

Weeks 18-34

Daily Reflections on the Path of Yoga

Braille

Twenty Four Hours a Day (24 Hours) Journal

This Daily Reflection Journal is a perfect way to get to a grateful state of mindfulness and have a better, positive attitude in the end. When you write your reflections for the day, you will be more mindful of things that happen and be more aware of what needs to change and help you make those changes. Each page contains prompts including: Date, Month, Year Today I Feel - blank lined to record your thoughts & how you feel. My Motivational Quotes For The Day Important To Do - practice, parties, shopping or anything else important. My Daily Reflection - a time to reflect on your day. Blank Space - for anything you'd like, like your favorite prayer or Bible verse, your thankfulness, any self care, questions or just things you want to remember. Makes a great gift for adults and kids alike. Will make an awesome diary/notebook to look back on and remember moment by moment. Good for journaling and reflect for 124 days. Size is 6x9 inch, 121 pages, soft matte finish cover, white paper, paperback. Grab one today!

Glad Day

The Promise of a New Day

A Day at a Time

Through the Year with John Stott

A Book of Reflections by A.A. Members for A.A. Members

Drop the Rock--The Ripple Effect

Twelve Steps and Twelve Traditions Trade Edition

Rebellion Dogs Publishing is proud to announce a 21st century daily reflection book. Beyond Belief's 2014 second printing is now available with a Foreword by Ernie Kurtz and updated links and End Notes. What are "agnostic musings"? It is not news to anyone that the war of worldviews makes for sporting debate; does an intervening God grant sobriety, serenity, wisdom and courage or is conscious contact a delusion? Sorry, while we might be as amused as anyone with this question, Beyond Belief: Agnostic Musings for 12 Step Life doesn't enter this debate. Hate the game; don't hate the players. A good idea is a good idea. Why dismiss valid experience because of the beliefs that someone harbors? Beliefs aren't facts. Beyond our belief is how life is happening; chances have to be taken; processes have to be evaluated; life has to be lived. Atheists, humanists, skeptics and agnostics will feel included in these daily reflections. Believers won't feel mocked or belittled. Recovery is included. No one needs to adopt the beliefs of someone else nor deny our own beliefs to get clean and sober. Believing and belonging are not synonymous. We are well into Century 21. Anyone should feel free to doubt or believe with impunity. Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms. Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking. I wonder sometimes since there is such talk about God at meetings, what kind of turn-off that might be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K., contributor to AAagnostica.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA can, and must, adapt to changing circumstances and Bill Wilson was the first one to admit it. Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others." Denis K. says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography.

The Catholic Daily Reflections Series was written to help you enter more deeply into the Holy Scriptures and the Catholic Liturgy on a daily basis. Through these reflections and prayers, you are invited to embrace the Word of God in a personal, engaging, challenging and transforming way. These reflections are also a great resource for priests and deacons for their daily homily preparations. This Volume offers daily reflections and prayers for Ordinary Time Weeks 18-34. Catholic Daily Reflections Series: Volume One: Advent and Christmas Volume Two: Lent and Easter Volume Three: Ordinary Time: Weeks 1-17 Volume Four: Ordinary Time: Weeks 18-34

Learn the basic facts behind cocaine and crack, including their history and changing legal status, medical uses, signs of abuse and dependence, treatment options, prevention tools for parents, and much more.In a relatively short period, cocaine went from a low-level stimulant used by indigenous South Americans to a high-powered narcotic that's affected nearly every major city. In this Hazelden Quick Guide, expert resources and information come together in an engaging and accessible e-book short. Topics include:• What cocaine is, where it comes from, and how crack cocaine developed• The history of cocaine and crack's use and abuse• Changing cultural, social, and legal factors• Definitions of normal use, abuse, and dependence, with information on prevention and advice for parents• How cocaine works, including its legitimate medical uses, and what makes it so prone to abuse and dependence• Intervention and effective treatment methods• Relapse prevention tools for recovering dependents and addicts

Using the church as a framework, Through the Year with John Stott explores in 365 days the whole biblical story from creation to the end times. One of the most highly respected Bible teachers of our times, John Stott gets to the heart of each of the 365 carefully selected passages, covering every essential Christian teaching in a single volume. The readings are broken up into weekly themes. Each devotion is based on a key passage of Scripture, and includes biblical references for further exploration. This new edition of this much-loved classic devotional includes a new foreword from Old Testament Scholar Chris Wright.

Using Step 10 to Work Steps 6 and 7 Every Day

Daily Meditations on Codependency

Daily Reflections Cross Reference Annotation

Touchstones

365 Reflections for Positivity, Peace, and Prosperity

Daily Reflection Journal

Daily Meditations for Gay, Lesbian, Bisexual, and Transgender People

An annotation is a critical or explanatory note inserted into text to better clarify meaning. We began this process to help expand on the meaning of the A.A. Big Book. The process led us to other AA literature and our thought was simple—what better annotation is there than the Daily Reflections? This cross reference from the AA Big Book to the Daily Reflections allows readers to easily expand their understanding of the Big Book by referencing the well-reputed Daily Reflections. This book is a combination of AA approved literature and we believe adds value to students of AA.

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.

Daily ReflectionsA Book of Reflections by A.A. Members for A.A. Members

An inspirational source of encouragement for Lent. The Little Book of Lent is a powerful anthology of readings from spiritual writers for each day of Lent, with accompanying scripture and prayers to help guide daily reflections. With extracts from a range of inspirational writers and theologians, including Desmond Tutu, Sheila Cassidy and Rowan Williams, The Little Book of Lent guides you to deepen your prayer life in anticipation of Easter. This book can be read on your own or with others, used either for self-reflection or to spark discussion and share insights on God's truths. This edition would be perfect on which to base a Lent course or to use as a talking point for home groups. Whether or not you choose to read the extracts multiple times or once straight through, Howells' latest work will lead you to new heights in your Christian journey and personal walk with God. It is the ideal gift for friends, family or anyone else preparing themselves for the sacrifices of Lent.

Every Day Gratitude & Reflections Book For Writing About Life, Practice Positive Self Exploration, Adults & Kids Gift

Daily Reflections on Addiction, Yoga, and Getting Well

Mirror of Intimacy

When Ye Shall Receive These Things

Aa Big Book

Daily Reflections on Seeking Wisdom

The Little Book of Lent

Does your faith inform your daily choices? Lesser Evils reflects on the decisions we make every day, from “Do I take this parking space?” to “Do I wear this mask?” to “Do I choose to forgive you?” Daily scripture, reflections, personal questions, and prayers for individual devotions or group study explore how to attempt to seek wisdom and do good as followers of Jesus. A study guide for groups is included.

Winner of the 2015 Book Award from AASECT (Association of American Sexuality Educators Counselors and Therapists) and the 2016 Clark Vincent Award from CAMFT (California Association of Marriage and Family Therapists.) "Mirror of Intimacy" contains a year's worth of daily essays that explore and support the range of human sexualities as a divine gift and a human right. The reflections reference a rich array of approaches: attachment theory, mind/body nexus, neurobiology, 12-step principles, meditation techniques, Eastern and Western philosophy, and ancient world myths. Unfettered by cultural, social, or religious norms, the authors examine 366 topics related to sex and sexuality that, together, might point us in the direction of what comprises healthy, great sex.

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.

Yoga has never been more popular. Throughout the United States, people are turning to this ancient practice as a response to the pressures of today's hectic world. In Meditations on Intention and Being, acclaimed yoga teacher Rolf Gates draws on twenty years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life. Presented in the form of 365 inspirational daily reflections, Gates helps readers--from experienced yogis to novices seeking a little tranquility--to fundamentally reconsider their relationships with their minds, bodies, and the universe around them through self-reflection. Over the course of seven chapters, he explores Effortlessness, Nonviolence, The Spirit of Practice, Mindfulness, Compassion and Loving-kindness, Equanimity and Joy, and Intention and Being, giving readers the tools they need to effect positive changes in their lives.

Buddhism & the Twelve Steps Daily Reflections

Alcoholics Anonymous

Let Go and Be Free: 100 Daily Reflections for Adult Children of Alcoholics

Meditations on Intention and Being

Each Day a New Beginning

Glad Day

Daily Meditations for Women

Find inspiration and guidance for dealing with the challenges and new experiences of recovery in the writings Each Day a New Beginning-from a woman who cares about others. This beloved author writes about self-esteem, friendships with other women, hope, attitudes about life and relationships, and more. Her words help bridge the gap between self and Higher Power, between loneliness and sharing the emotions of recovery. Almost three million recovering women turn to these meditations each day.

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.

The basic text for Alcoholics Anonymous.

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Get Smart About Cocaine and Crack

Meditations from the Mat

Twenty-Four Hours a Day Journal

A Book of Reflections by A. A. Members for A. A. Members (Braille)

Being Present

Daily Reflections for Ordinary Time

Agnostic Musings for 12 Step Life

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. Fellowshp 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. 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 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 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.

This beginner's guide to meditation offers a year of daily reflections to help bring greater mindfulness into your life. Meditation and mindfulness may seem like daunting ideas but making room for these practices in your daily life is simpler than it looks. Longtime therapist and mediator David Kundtz gives you permission not to fret about whether you're getting it right or not. The whole purpose of meditation is to be as awake and aware as possible. Being Present offers daily quotes once a day, every day. As you start to accumulate these mindful moments, your life will become more peaceful, more rewarding, and more awakened. With these daily reflections, Kundtz guides us through the seasons of a year—and the seasons of a life—by drawing inspiration from poets and scientists, spiritual teachers and children, butterflies and big cities. With the help of this book, you will discover how to · Become a more mindful person · Maintain the focus, awareness, and

Experience the peaceful moments of mindful living
"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"--Amazon.

A Book of Daily Reflections

Lesser Evils

Daily Meditations For Working Through Grief

Daily Reflections

Preparing for Christmas

A Meditation Book and Journal for Daily Reflection

365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates. As more and more people in the West pursue yoga in its various forms, whether at traditional centers, in the high-powered atmosphere of sports clubs, or on their own, they begin to realize that far from being just another exercise routine, yoga is a discipline of the body and the mind. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, the daily reflections in Meditations from the Mat will support and enhance anyone's yoga journey.

Find peace with daily reflections that will help ground you on your life-long journey in overcoming your alcoholic upbringing. From dealing with ruminating thoughts and anxiety to stopping dysfunctional behaviors that you learned as a child in an alcoholic home, Let Go and Be Free: 100 Daily Reflections for Adult Children of Alcoholics (Volume 1) will help you learn about common traits of Adult Children of Alcoholics, shine a light to dispel the shame you have lived with, and provide easy to learn meditations and visualizations that will help you center yourself and live a healthier life. Filled with personal stories,

meditation tips, and an intimate look at living as an Adult Child of an Alcoholic, this book (232 pages) is an authentic daily resource to guide you on your journey.

Advent is not about a sentimental waiting for the Baby Jesus –Richard Rohr Advent is a time to focus our expectation and anticipation on the adult Christ, the Cosmic Christ, who challenges us to empty ourselves, to lose ourselves, to surrender. Preparing for Christmas offers daily meditations, prayers, Scripture readings, and questions for reflection for each day of Advent.

Daily Reflections on Emotional and Erotic Intelligence

A Devotional

The Daily Meditation Book of Healing

Daily Reflections on the Names of God

Daily Reflections from the World's Greatest Spiritual Writers