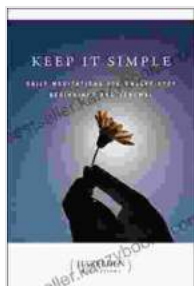


Daily Meditations for Twelve Step Beginnings and Renewal: A Path to Recovery and Personal Growth



Keep It Simple: Daily Meditations for Twelve Step Beginnings and Renewal (Hazelden Meditations)

by Cordelia Lee

★★★★☆ 4.8 out of 5

Language : English
File size : 1413 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 395 pages



Embark on a Transformative Journey

Are you seeking a path to recovery and personal growth? Look no further than "Daily Meditations for Twelve Step Beginnings and Renewal." This insightful guide offers daily reflections, affirmations, and exercises to support you on your journey.

Whether you're just starting out in a Twelve Step program or seeking renewal after years of sobriety, this book will provide you with:

- Daily meditations to center and inspire you
- Affirmations to boost your self-esteem and remind you of your strength

- Exercises to help you apply the principles of the Twelve Steps to your daily life
- Insightful quotes from respected recovery leaders

A Guide for Every Day

"Daily Meditations for Twelve Step Beginnings and Renewal" is designed to be your constant companion on the road to recovery. Each day's meditation focuses on a specific aspect of the Twelve Step program, such as:

- Honesty and self-acceptance
- Surrender to a higher power
- Making amends
- Living in the present
- Service to others

Benefits of Daily Meditation

Incorporating daily meditation into your recovery journey has numerous benefits. It can help you to:

- Reduce stress and anxiety
- Improve your sleep
- Boost your mood
- Enhance your self-awareness and compassion
- Deepen your connection to your higher power

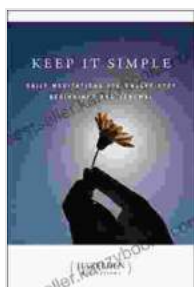
About the Author

"Daily Meditations for Twelve Step Beginnings and Renewal" is written by Hazelden, a leading provider of addiction treatment and recovery services. With decades of experience in helping individuals achieve sobriety and lasting recovery, Hazelden's expertise is evident in every page of this book.

Free Download Your Copy Today

Embark on your journey of recovery and personal growth with "Daily Meditations for Twelve Step Beginnings and Renewal." Free Download your copy today and experience the transformative power of daily meditation.

Available in both print and ebook formats, this book will be your trusted guide on the path to lasting sobriety and a fulfilling life.



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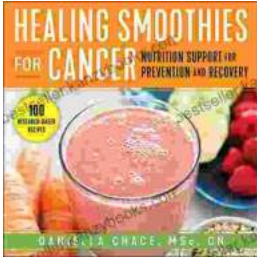
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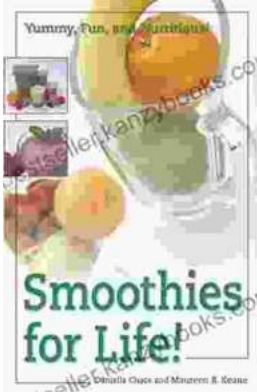
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