

Twenty Four Hours A Day Meditations Hazelden Meditations

Are you thinking of attending law school or switching legal careers? About to graduate and wondering which path to take? Are you curious about what lawyers in different fields do in a typical day? Then spend twenty-four hours with twenty-four lawyers through this innovative book, *24 Hours with 24 Lawyers*. Whether you want to be a full-time corporate lawyer, work as a legal consultant while pursuing your music career, or anything in between, this book gives you a unique "all-access pass" into the real-world, real-time personal and professional lives of twenty-four law school graduates. These working professionals each present you with a "Profile" chronicling a typical twenty-four-hour day in their traditional and non-traditional careers. You will read actual twenty-four-hour accounts from the perspective of a venture capitalist, Wall Street lawyer, lobbyist, entertainment lawyer, IP attorney, sports broadcaster, JAG officer, prosecutor, criminal defense lawyer, mediator, and politician, just to name a few. From the time they wake up in the morning to the time they go to bed, each professional illustrates what their position entails on a day-to-day basis and will give you invaluable, informative, and honest insight above and beyond what many brochures, guest lectures, career workshops, or law firm website descriptions can provide. After reading *24 Hours with 24 Lawyers*, you'll be better prepared to determine which career Profile may suit you best before accepting a new job or investing in a legal education. Book jacket.

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.

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. 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.

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.

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. A recovery basic for over 30 years, this popular meditation book includes daily affirmations on AA philosophy. Popular meditations on A.A. philosophy, written for every day of the year. This effective tool has been a recovery-basic for over 30 years.

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.

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 Book*features non-sexist language.

#1 New York Times bestselling author Greg Iles takes readers on a daringly executed roller-coaster ride as a family under attack takes justice into their own hands. It begins on a perfect night, with a perfect family about to be trapped in a perfect crime... *Will Jennings* is a successful young doctor in Jackson, Mississippi, with a thriving practice, a beautiful

wife, and a five-year-old daughter he loves beyond measure. But Will and his family are being watched by a con man and psychopath who may be a genius. A man who has never been caught and whose victims have never talked to the police. A man whose life's work strikes at the heart of every family's unspoken fear: the unstoppable kidnapping. But this time he's picked the wrong family to terrorize. Because Will and Karen Jennings aren't going to watch helplessly as he victimizes them. They aren't going to let him get away with it. They're going to fight back...

You have big dreams that fire you up, and yet a fear of failure is holding you back. You see the success others have achieved and doubt you could ever do what they've done. You tell yourself you lack the smarts, skills, or leadership capabilities to live out your dream, but the truth is, there's a massive gap between what you think you can do and what you can do. You have the TIME. Do you have the ENERGY? You've done everything you can to save time. Every productivity tip, every "life hack," every time management technique. But the more time you save, the less time you have. The more overwhelmed, stressed, exhausted you feel. "Time management" is squeezing blood from a stone. Introducing a new approach to productivity. Instead of struggling to get more out of your time, start effortlessly getting more out of your mind. In *Mind Management, Not Time Management*, best-selling author David Kadavy shares the fruits of his decade-long deep dive into how to truly be productive in a constantly changing world. Quit your daily routine. Use the hidden patterns all around you as launchpads to skyrocket your productivity. Do in only five minutes what used to take all day. Let your "passive genius" do your best thinking when you're not even thinking. "Writer's block" is a myth. Learn a timeless lesson from the 19th century's most underrated scientist. Wield all of the power of technology, with none of the distractions. An obscure but inexpensive gadget may be the shortcut to your superpowers. Keep going, even when chaos strikes. Tap into the unexpected to find your next Big Idea. *Mind Management, Not Time Management* isn't your typical productivity book. It's a gripping page-turner chronicling Kadavy's global search for the keys to unlock the future of productivity. You'll learn faster, make better decisions, and turn your best ideas into reality. Buy it today.

Twenty Four Hours a Day (24 Hours) Institutional Edition

A TikTok sensation, this rom-com about a young woman who agrees to fake date a colleague and bring him to her sister's wedding has "everything you could want in a romance" (Helen Hoang, *New York Times* bestselling author). Catalina Martín desperately needs a date to her sister's wedding. Especially since her little white lie about her American boyfriend has spiralled out of control. Now everyone she knows—including her ex and his fiancée—will be there and eager to meet him. She only has four weeks to find someone willing to cross the Atlantic and aid in her deception. New York to Spain is no short flight and her raucous family won't be easy to fool. Enter Aaron Blackford—her tall, handsome, condescending colleague—who surprisingly offers to step in. She'd rather refuse; never has there been a more aggravating, blood-boiling, and insufferable man. But Catalina is desperate, and as the wedding draws nearer, Aaron looks like her best option. And she begins to realize he might not be as terrible in the real world as he is at the office.

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.

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 366 meditations that nurture family esteem and strengthen family bonds. These meditations help us consider topics like harmony, sharing, individuality, trust, privacy, and tolerance. The readings in *Today's Gift* nurture self-esteem by encouraging discussion, self-expression, and respect. Insightful, challenging, and caring quotations--from ancient proverbs, nursery rhymes and cartoon characters, and from figures such as William Blake, Anne Frank, Tillie Olsen, Albert Einstein, Erma Bombeck, M. Scott Peck, and many more--are accompanied by a thoughtful reflection and an inspiring affirmation.

In *The Twenty-four Hour Mind*, sleep researcher Rosalind Cartwright brings together decades of research into the bizarre sleep disorders known as 'parasomnias' to propose a new theory of how the human brain works consistently throughout waking and sleeping hours, based upon research showing that one of the primary purposes of sleep is to aid in regulating emotions and processing experiences that occur during waking hours.

The newly compiled *12 Step Prayer Book* offers adapted and traditional prayers to complement any Twelve Step program or any mindful recovery experience. Collected and compiled from varied authors, faiths, and lifestyles, these prayers of strength and healing will give you a thought for each day. These are the faithful words of the world. From Bill P., the author of the recovery classics *Easy Does It* and *Drop the Rock*, and Lisa D., comes this cherished set of prayers, now presented for the first time as part of Hazelden's beloved series of daily readings. Bookended by morning and nightly prayers, this new edition now provides prayers and readings based on themes related to each Step.

Regardless of your religious affiliation or a lack thereof, prayer houses infinite power: it is the spiritual language of the unified human experience. In a modern approach to prayer and meditation, *The 12 Step Prayer Book* utilizes sources from across the world to support your recovery. Treatment, counseling, and other forms of therapy are unquestionably necessary for sobriety. They are, however, finite. Once they end, what becomes our source of hope, strength, and wisdom? Twelve Step recovery demands continuous spiritual

growth, and spiritual growth demands a Higher Power. Our faith needn't be perfect, but it must be present. Through prayer and daily connection with the spiritual, our hearts remain full and open to the life recovery promises.

Offers brief prayers and meditations for each day of the year and directs each message to those recovering from addictive problems

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.

NAMED ONE OF THE TEN BEST NONFICTION BOOKS OF THE YEAR BY TIME The back must slave to feed the belly. . . . In this urgent and unique book, chef Michael Gibney uses twenty-four hours to animate the intricate camaraderie and culinary choreography in an upscale New York restaurant kitchen. Here readers will find all the details, in rapid-fire succession, of what it takes to deliver an exceptional plate of food—the journey to excellence by way of exhaustion. Told in second-person narrative, *Sous Chef* is an immersive, adrenaline-fueled run that offers a fly-on-the-wall perspective on the food service industry, allowing readers to briefly inhabit the hidden world behind the kitchen doors, in real time. This exhilarating account provides regular diners and food enthusiasts alike a detailed insider's perspective, while offering fledgling professional cooks an honest picture of what the future holds, ultimately giving voice to the hard work and dedication around which chefs have built their careers. In a kitchen where the highest standards are upheld and one misstep can result in disaster, *Sous Chef* conjures a greater appreciation for the thought, care, and focus that go into creating memorable and delicious fare. With grit, wit, and remarkable prose, Michael Gibney renders a beautiful and raw account of this demanding and sometimes overlooked profession, offering a nuanced perspective on the craft and art of food and service. Praise for *Sous Chef* "This is excellent writing—excellent!—and it is thrilling to see a debut author who has language and story and craft so well in hand. Though I would never ask my staff to read my own book, I would happily require them to read Michael Gibney's."—Gabrielle Hamilton "[Michael] Gibney has the soul of a poet and the stamina of a stevedore. . . . Tender and profane, his book will leave you with a permanent appreciation for all those people who 'desire to feed, to nourish, to dish out the tasty bits of life.'"—*The New York Times Book Review* "A terrific nuts-and-bolts account of the real business of cooking as told from the trenches. No nonsense. This is what it takes."—Anthony Bourdain "A wild ride, not unlike a roller coaster, and the reader experiences all the drama, tension, exhilaration, exhaustion and relief that accompany cooking in an upscale Manhattan restaurant."—*USA Today* "Vibrantly written."—*Entertainment Weekly* "Sizzling . . . Such culinary experience paired with linguistic panache is a rarity."—*The Daily Beast* "Reveals the high-adrenaline dance behind your dinner."—*NPR*

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.

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.

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.

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.

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.

Twenty Four Hours a Day Softcover (24 Hours)

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 represent 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!

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.

Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In The First 20 Hours, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, The First 20 Hours will help you pick up the basics of any skill in record time . . . and have more fun along the way.

An edition expanded with more than 100 pages of new content offers a blueprint for a better life, whether one's dream is escaping the rat race, experiencing high-end world travel, earning a monthly five-figure income with zero management or just living more and working less.

Selections from the work of radical feminist author Andrea Dworkin, famous for her antipornography stance and role in the feminist sex wars of the 1980s. Radical feminist author Andrea Dworkin was a caricature of misandrist extremism in the popular imagination and a polarizing figure within the women's movement, infamous for her antipornography stance and her role in the feminist sex wars of the 1980s. She still looms large in feminist demands for sexual freedom, evoked as a censorial demagogue, more than a decade after her death. Among the very first writers to use her own experiences of rape and battery in a revolutionary analysis of male supremacy, Dworkin was a philosopher outside and against the academy who wrote with a singular, apocalyptic urgency. Last Days at Hot Slit brings together selections from Dworkin's work, both fiction and nonfiction, with the aim of putting the contentious positions she's best known for in dialogue with her literary oeuvre. The collection charts her path from the militant primer *Woman Hating* (1974), to the formally complex polemics of *Pornography* (1979) and *Intercourse* (1987)

and the raw experimentalism of her final novel *Mercy* (1990). It also includes “Goodbye to All This” (1983), a scathing chapter from an unpublished manuscript that calls out her feminist adversaries, and “My Suicide” (1999), a despairing long-form essay found on her hard drive after her death in 2005.

In this newly modernized edition of the classic, bestselling book on toilet training, you’ll discover the scientifically proven Azrin-Foxx method that’s been used by millions of parents worldwide. This clear and accessible guide remains the go-to book on toilet training for a reason. With a newly modernized take on the same proven, easy-to-follow steps, you’ll learn how to let go of stress and have your child confidently using the toilet—without assistance or a reminder—in only a couple of hours. Inside you will find a wealth of helpful information, including: - Step-by-step instructions taking you and your child from pre-training all the way through to the Potty Training Diploma - A method that unlocks your child’s sense of pride, independence, and accomplishment - Supply lists, reminder sheets, and frequently asked questions With more than two million copies sold, *Toilet Training in Less Than a Day* is the only guide you'll ever need to make potty training a rewarding and successful experience for both you and your toddler.

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.

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 it offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives. 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.

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