

## *Easy Does It A Book Of Daily 12 Step Meditations Lakeside Medi*

*Keep It Simple Easy Does It Step by Step The 12 Step Prayer Book Day by Day Climbing the Twelve Steps Renewed Each Day Keep it Simple Today I Will Do One Thing Renewed Each Day—Genesis & Exodus Day Of The Dead Notebook Renewed Each Day Body, Mind, and Spirit The 12 Step Prayer Book Recovery, the 12 Steps and Jewish Spirituality God Grant Me Renewed Each Day—Leviticus, Numbers & Deuteronomy One Day at a Time: All Black Guided 12-Step Recovery Notebook by New Nomads to Balance Sponsor and Step Work with Daily Life. A Time for Peace Bird Feet in Concrete Anonymous Anonymous Muriel Zink Bill P. Anonymous Lynn Greenleaf Kerry M. Olitzky Hazelden Foundation Staff Anonymous Rabbi Kerry M. Olitzky Amber Heart Kerry M. Olitzky Anonymous Bill P. Rabbi Paul Steinberg Anonymous Rabbi Kerry M. Olitzky New Nomads Press Mary Ylvisaker Nilsen Hasenyager*

*Keep It Simple Easy Does It Step by Step The 12 Step Prayer Book Day by Day Climbing the Twelve Steps Renewed Each Day Keep it Simple Today I Will Do One Thing Renewed Each Day—Genesis & Exodus Day Of The Dead Notebook Renewed Each Day Body, Mind, and Spirit The 12 Step Prayer Book Recovery, the 12 Steps and Jewish Spirituality God Grant Me Renewed Each Day—Leviticus, Numbers & Deuteronomy One Day at a Time: All Black Guided 12-Step Recovery Notebook by New Nomads to Balance Sponsor and Step Work with Daily Life. A Time for Peace Bird Feet in Concrete Anonymous Anonymous Muriel Zink Bill P. Anonymous Lynn Greenleaf Kerry M. Olitzky Hazelden Foundation Staff Anonymous Rabbi Kerry M. Olitzky Amber Heart Kerry M. Olitzky Anonymous Bill P. Rabbi Paul Steinberg Anonymous Rabbi Kerry M. Olitzky New Nomads Press Mary Ylvisaker Nilsen Hasenyager*

*life can be complicated and hectic but when we keep things simple we can bring them down to a manageable size these meditations focus on the twelve steps stressing the importance of putting into practice new beliefs slogans and fellowship*

*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*

*since muriel zink began her own recovery work over thirty years ago many people in self help and anonymous recovery programs have shared their concern with her about finding concrete practical ways to use the twelve step model developed originally by alcoholics anonymous in step by step muriel devotes each month of the year to an in depth exploration of one of the twelve steps with daily entries the steps are presented in the chronological order of the months though any of the meditations can be used out of sequence no matter where we are in our recovery these wise inspiring messages and meditations can help us step our way to healthier more productive lives*

*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*

*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*

*in climbing the 12 steps daily meditations for the 12 step soul authors lynn greenleaf thom byxbe help provide a sanctuary for those of us needing to recover from addiction compulsion and other behavioral problems unlike most twelve step programs that revolve around god as their higher power this book shows how to complete each step without the god figure being the focus of every step many enter twelve step programs with skepticism uncertainty and most times unwillingly being given ultimatums by spouses parents counselors etc to seek help once and for all yet it is in these very god centered programs that misses the mark for atheist and agnostics needing guidance but do not feel at home in faith based recovery programs climbing the 12 steps is the answer and provides the neutral ground for believers and unbelievers to come together to achieve a balanced strong and independent life free from the stronghold that once entangled them*

*featuring simple language that allows any user the chance to enjoy sobriety and serenity this volume is unique in its stress on action a motivational activity is presented in each of the daily readings to help users integrate the concepts into their lives*

*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*

*using a seven day weekly guide format a recovering person and a spiritual leader who is reaching out to addicted people reflect on the traditional weekly bible reading they bring strong spiritual support for daily living and recovery from addictions of all kinds alcohol drugs eating gambling and sex a profound sense of the spirit soars through their words and brings all people in twelve step recovery programs home to a rich and spiritually enlightening tradition this book is not just for jewish people it is for all people who would gain strength to heal and insight from the bible and the teachings of jewish tradition*

*are you in a 12 step program another alternative drug abuse program or know someone who is did you know that a strong addict looks danger in the eye and gives it a wink this gratitude journal with writing prompts can go along therapy or work as a stand alone self discovery and recovery journal it is designed on 3 levels that go from changing your limited self belief anxiety and compulsive disorder into self confidence self discipline gratitude and happiness it also makes a great gift for any recovering alcoholic addict and any other drug abuser there are 90 pages of journaling with prompts and 30 additional journaling pages if you need more writing space and elaborate on certain reflections if you write every day which is suggested for best results this journal gives you 3 months full of gratefulness and gratitude as a result of your self reflection and self discovery each day equals one page to write about a daily prompt that you can pick and that reflects your daily choice or a topic that you are working on a specific day alone or with your therapist prompts do include very positive writing inspirations like what things made today great or what amazing things happened that day the prompts are there to inspire self reflection and self discovery to change a state of limited beliefs doubts anxiety or depression into a state of positive outlook the journal is perfect for any aa or na member or any other type of addict wanting to use the power of pen to paper to change and recover from the terrible problem of alcoholism or any other abuse of drugs or other compulsive behavior this paperback journaling notebook is 6 x 9 you can also use the remaining journaling pages to fill with phone numbers to help build a strong network of other recovering alcoholics addicts friends advisors and therapists features recovering addict*

*empowerment journaling notebook daily prompt thearpay workbook to write in 90 daily prompts for helping people get out of the state of limited belief anxiety and mental disorder into a state of confidence gratitude and happiness 30 additional journaling pages makes a great gift idea for any addict who is family or a friend 6 x9 inches dimension cover soft matte binding perfect binding non spiral heavy paper*

*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*

*a second edition with 44 new prayers of the best selling book of prayers and inspirations for those seeking just the right words for conversing with their higher power or for expressing their innermost thoughts and feelings wherever you are on your recovery journey and however you define your higher power you will find spiritual support in this special collection of prayers and inspirational readings this second edition of the 12 step prayer book features 183 passages gleaned from twelve step meetings and adapted from common prayers and devotions it includes 44 new prayers and readings a guide for daily reading traditional and best loved recovery prayers and step and meeting prayers this book is an excellent accompaniment to easy does it a book of daily twelve step meditations*

*claim the spiritual freedom that waits beyond the suffering and slavery of addiction one of the important similarities between aa and jewish spirituality is the statement in step 12 to practice these principles in all our affairs there is no dichotomy of sacred versus secular jewish spirituality applies to how we eat sleep work socialize and recreate there is nothing that is external to the relationship of human being to god from the foreword a major new jewish contribution to 12 step spirituality this easy to read exploration from a jewish perspective is the first comprehensive approach to successfully integrate classic jewish spirituality with the 12 steps of alcoholics anonymous aa and other recovery resources with clarity and passion rabbi paul steinberg masterfully weaves traditional jewish wisdom with the experience strength and hope of aa he draws on jewish resources theological psychological and ethical that speak to the spiritual dimension of the disease and shows how the principles of jewish spiritual recovery directly align with those of the aa 12 steps along the way he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path and stay on it*

*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*

*using a seven day weekly guide format a recovering person and a spiritual leader who is reaching out to addicted people reflect on the traditional weekly bible reading they bring strong spiritual support for daily living and recovery from addictions of all kinds alcohol drugs eating gambling and sex a profound sense of the religious spirit soars through their words and brings all people in twelve step recovery programs home to a rich and spiritually enlightening tradition*

*guided odaat journal twelve steps helps focus meetings and step work on progress not perfection affirmation daily reminders yourself to keep the spiritual side of your program in sight success track your wins over time to see that your path is improving meeting maker find and schedule aa or na meetings near you and keep coming back motivational quotes tested and true phrases to give you momentum twelve step program*

notebook format size 8x10in perfect for backpack or purse pages 120 blank pages of guided aa na ca or other program diary cover all black matte finish bold design turns heads at big book study groups and meetings gift ideas for the odaat journal sober anniversary gift sponsor gift big book study groups rehab diary women in recovery men in recovery new nomads press as fellow travelers on the path to recovery the new nomads want to help see you succeed one day at a time our designs are bold and beautiful with striking designs and colors that look great on any desk or coffee shop always remember keep it simple and find your serenity

bird feet in concrete is the whimsical name for a serious daily reader for intelligent twelve step seekers smart people often have a special kind of struggle in twelve step programs while grateful that recovery has saved their lives they can t resist trying to understand reality more deeply they ask questions that the steps don t address questions about themselves about recovery and about the universe these thoughtful daily pages explore the steps traditions recovery reality minds compassion pride sex love aging and death encounter cognitive science philosophy religion modern physics and personal experience in these quirky and thought provoking commentaries as they range from inspiring to heartbreaking to comic bird feet in concrete contains a meditation for each day of the year and a complete index for exploration by subject find the source of the book s title on february 29th

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