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Just For Today: Daily Meditations For Recovering Addicts



Synopsis

The twelve steps and Twelve traditions reprinted for adaptation by permission of AA World Services, Inc.--T.p. verso.

Book Information

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Customer Reviews

It was a gift. He uses it everyday. He likes it!

A beautiful book for NA recovery. The faux leather is gorgeous! Comes with a ribbon bookmark in the book . My favorite copy of this book !

Great book to read and start the day off right! I personally like how each month DOESN'T follow the 12 steps (example Jan=Step 1, Feb=Step 2, March=Step 3). I like that each day is random but always seems to be just what I need to hear. I happen to enjoy this meditation book better than the Daily Reflections (AA) although that one is good too.

As every book released from NA or AA, the intention is not to tell you how to live your life or deal with addiction. Rather, through sharing of experiences by others, they seek to show you the way you can find your own path to recovery. The daily meditations are intended to be read one at a time and then contemplated and thought about in a way that suits each persons individual recovery. As they say, take what you want and leave the rest. There is no one size fits all in recovery but with the

tools provided, you can forge your own path.

Excellent book for anyone in recovery. A must have read for daily positive affirmations to believe that you are a wonderful person and being sober can bring joy and happiness and laughter into your heart and life. I have 27 years of sobriety and I Bought this book for my daughter for her to use on her journey to recovery.

This was a gift and the person who received it was very excited and happy with it.

"Just For Today" is an essential daily meditation book for the recovering addict. I try and read this book on a daily basis. It really helps me stay centered and maintain a positive outlook on my life in recovery. Sometimes, I even go the extra mile and look up the link in "The Basic Text" (also essential!). I've gotten so much out of the NA Program and owe my success in staying clean to it. I have a sponsor, a home group and I am fully immersed in the 12-Steps of NA. NA is the only thing that's ever worked for me, and I've tried much else. When I keep my thoughts, feelings and actions anchored in the present I have achieved great things--"Just For Today." Thanks!

absolutely love this book, it has great insight into living a healthier and fulfilling life, even if you are not an addict. Life skills everyone should strive to live by,

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