



## A Day at a Time: Daily Reflections for Recovering People (Hazelden Meditations)

*Anonymous*

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These daily reflections, prayers, and tags of memory-sticking phrases are intended to offer inspiration, comfort, and, above all, hope to those recovering from alcoholism, or from other forms of chemical dependency or compulsive behavior.

The book is based on the solid spiritual foundation of Alcoholics Anonymous (AA), and upon the Twelve Steps and Twelve Traditions. It draws also upon the great body of accumulated human wisdom--from Civilization's Golden Age to our not-always-so-golden modern era from Socrates to Bill W., co-founder of AA. Here, in brief day-by-day messages are some of these available riches, the words of poets, scholars, philosophers, psychologists, which are the verbal sums of centuries of human experience. May those sums and sayings serve as guidelines--a day at a time.



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