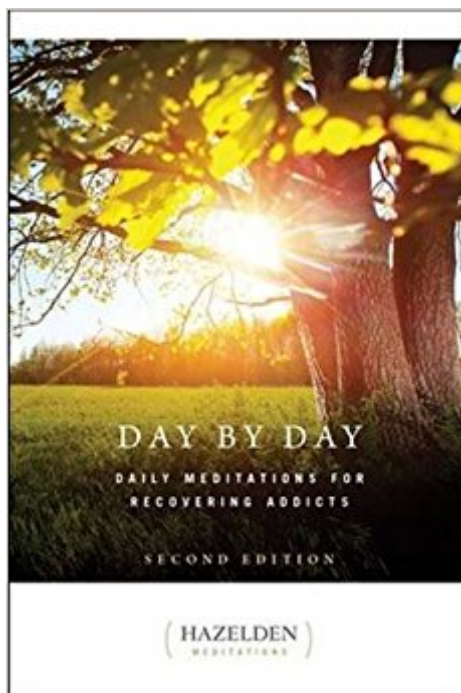




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# Day By Day: Daily Meditations For Recovering Addicts (Hazelden Meditations)



## Synopsis

Day by Day's inspirational messages augment and reinforce NA principles about coping with today's problems while staying chemically free. Newly revised, this classic meditation book has brought an eloquent message about living one day at a time to more than a million recovering addicts. Its inspirational passages augment and reinforce AA principles about coping constructively with life's daily problems, staying sober, and growing spiritually.

## Book Information

Series: Hazelden Meditations

Paperback: 384 pages

Publisher: Hazelden Publishing; 2 edition (March 26, 1998)

Language: English

ISBN-10: 1568382340

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Product Dimensions: 4.1 x 0.8 x 6 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 59 customer reviews

Best Sellers Rank: #63,011 in Books (See Top 100 in Books) #72 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #74 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs](#) #103 in [Books > Religion & Spirituality > New Age & Spirituality > Mysticism](#)

## Customer Reviews

Hazelden Meditations Hazelden Meditations is a contributor for the following Hazelden Title: [Keep It Simple](#)

There are 365, one for each day of the year, self-assessment questions to ponder as the recovering addict greets and goes about their day. The questions gently encourage awareness of self-defeating mind sets while offering pats-on-the-back for the effort the addict is putting forth. This book was a gift to a friend and feedback has shown that they appreciated it and found it helpful. Daily Meditations for Recovering Addicts was a sincere gift to show support for an individual struggling, yet embracing new concepts. I would encourage anyone on that path to purchase or give this book.

This was the daily reading book we used when Narcotics Anonymous was first started in Australia in 1976. This book, and "Young, Sober and Free", together with the White Book, was our basic literature until the Basic Text was published. I got one copy from Hazelden when we started, and the group immediately adopted it as our daily reading resource. The sad thing is that over the years it has been forgotten, and now Narcotics Anonymous has the Just For Today daily reading book. However, this book is so good I think all recovering addicts should know about it.

Perfect

Very delighted with my new book. Thought it was first edition but the second edition ain't to bad either. 22 months clean and sober and going!

I bought this for a gift for Friend for 25 years clean and they loved it. I rely on reviews to help me make my purchasing decisions so I try to be helpful and true with my own reviews to help others

I've purchased this for my sister and also a friend that need God's help with a life controlling addiction they need spiritual food to sustain their new life in Jesus Christ

It is the best daily meditation book I have found for recovering people.

I love reading this little book everyday! I get something out of it everyday that helps me through the day or just teaches me something new. I got really good deal on this book as well. I paid a penny for it, the shipping cost me 5 bucks. Pretty good deal! Love It!!

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