



## Twenty-Four Hours a Day: Meditations (Hardback)

By Hazelden Publishing, Hazelden Meditations Hazelden Meditations, Hazelden

Hazelden Information Educational Services, United States, 1996. Hardback. Book Condition: New. Revised. 135 x 84 mm. Language: English . Brand New Book. Since 1954, Twenty-Four Hours a Day has become a stable force in the recovery of many alcoholics throughout the world. With over nine 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 12 Steps and 12 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.

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