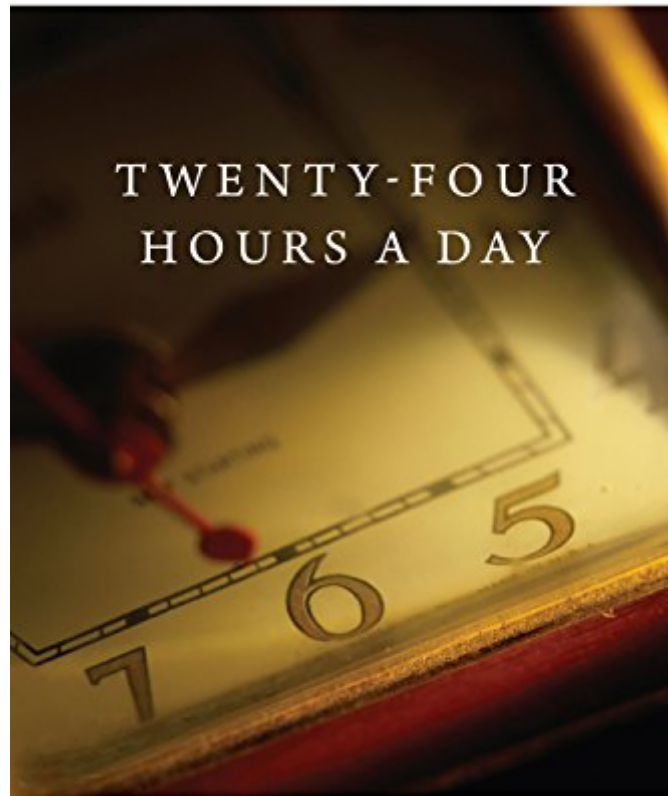


The book was found

Twenty Four Hours A Day: Meditations



(HAZELDEN)
MEDITATIONS



Synopsis

Since 1954, *Twenty-Four Hours a Day* has become a stable force in the recovery of many alcoholics throughout the world. With over six and a half 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 Twelve Steps and Twelve 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.

Book Information

File Size: 1003 KB

Print Length: 194 pages

Publisher: Hazelden; 1 edition (April 16, 2010)

Publication Date: April 16, 2010

Sold by: Digital Services LLC

Language: English

ASIN: B00BOE0LM8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #49,126 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Mysticism #20 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #21 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

Customer Reviews

Primarily thought of as a book geared for the recovering alcoholic, this wonderful book could really apply to whatever addiction one may suffer, including selfishness. A wonderful book that

compliments the AA program, that when read each morning it gets me started off on the right foot, and reminds me to put God and the needs of my friends and family first, thus keeping my selfish tendencies under wraps. A great companion, and certainly a great gift for someone starting recovery from alcoholism.

I have read this book daily for almost 20 years. The original book, given to me in 1979 is somewhat worn and now I require a replacement. It has been and will remain my first reading each day.

This book is good for daily meditation. I would also recommend the book An Encounter with A Prophet to get closer to God.

"Before taking a night-club DJ's job in the 80's writer did not drink; 9 years later on especially grim days my consumption approached a gallon of cheap vodka a day and I could not function. Over the last dozen years of clean & sober living, the "grace" of Almighty God led me to AA, AA's "grace" led me to many new places including this treasured little book (head & shoulders above anything else in its field). "24 Hours a Day" is composed of a short, meditational trilogy for each day of the year, sourced from Hazelden (the world's largest addiction recovery program) and another blessed little book (buy it also from) titled "God Calling". Concluding, am surprised by the book's "only four star" rating; for me there are not enough stars in the universe to pay it, Hazelden and "AA" sufficient tribute. Succinctly put, if you have a substance abuse problem of any genre "24 Hours" WILL help you beyond words. But if you are like the chap whose impoverished review spoke of "Repetitive magical drivel for people who want to stick in a rut.", likely it WON'T help. You'll need a book on "ATTITUDE" for that. Or put another way, "Sir - did you forget to say no to drugs today?" ;)

I read this book every day, it is set up with a daily meditation and prayer. Although it only takes a few minutes to read I feel it has greatly helped me to stay sober for six years, by concentrating on 24 hours a day. Gary H.

The last writer is on a Jesus soap box. This book and AA meetings have made a better person, a more loving person and a better Christen out of me. All recovery depends on a decision to trust God, make amends for past sins, and live a clean and sober life. Most people may want to stop abusing but cannot or will not change the way they think and live. I believe Jesus delivered me but someone else may think Buddha helped them. I tried the way of religion and the way of no religion

and still was miserable. This book guided me to a new spiritual life that no church or religion could do.

Can't start my day w/o this one...have used it for going on 20 years...AA now has their own meditations book;but, I never switched from this one. After all these years, it still hits home and has been a foundation of my recovery...

AN EXCELLENT WAY TO START YOUR DAY. IT STARTS THE DAY RIGHT AND IF YOUR DAY IS HECTIC THINK BACK UPON THE READING. DON'T FORGET TO BREATH DEEP AND REALIZE WHATEVER THE PROBLEM IS YOU ONLY HAVE TO HANDLE IT FOR 24 HOURS A DAY.

[Download to continue reading...](#)

Twenty Four Hours A Day: Meditations Twenty-Four Hours A Day Each Day a New Beginning: Daily Meditations for Women (Hazelden Meditations) 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Android Application Development in 24 Hours, Sams Teach Yourself (3rd Edition) (Sams Teach Yourself -- Hours) HTML and CSS in 24 Hours, Sams Teach Yourself (Sams Teach Yourself in 24 Hours) HTML and CSS in 24 Hours, Sams Teach Yourself (Updated for HTML5 and CSS3) (9th Edition) (Sams Teach Yourself in 24 Hours) Sams Teach Yourself WPF in 24 Hours (Sams Teach Yourself -- Hours) The Twenty-four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives Twenty-four Pieces, Vol 1 (Kalmus Edition) Twenty-four Pieces, Vol 2 (Kalmus Edition) Medieval and Tudor Drama: Twenty-Four Plays Twenty-Four Paul Cezanne's Paintings (Collection) for Kids Glad Day Daily Affirmations: Daily Meditations for Gay, Lesbian, Bisexual, and Transgender People Llewellyn's 2017 Witches' Spell-A-Day Almanac: Holidays & Lore, Spells, Rituals & Meditations Llewellyn's 2016 Witches' Spell-A-Day Almanac: Holidays & Lore, Spells, Rituals & Meditations A Day at a Time: Daily Reflections for Recovering People (Hazelden Meditations) Official NCAA Men's Final Four Records Book (Official NCAA Final Four Tournament Records) Seven Sacred Pauses: Living Mindfully Through the Hours of the Day

[Dmca](#)