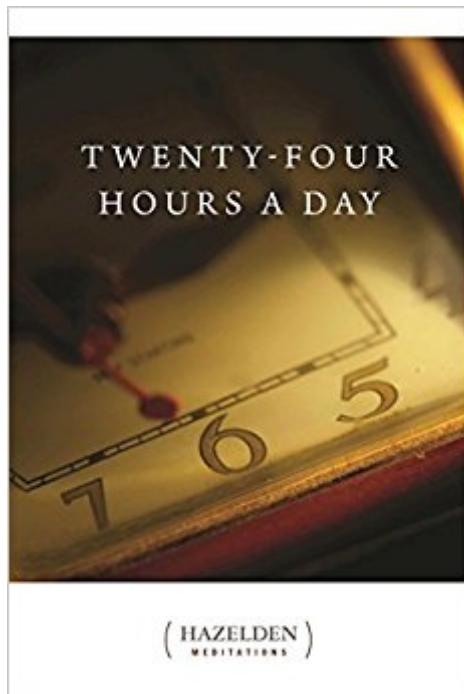


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# Twenty Four Hours A Day: Meditations



## **Synopsis**

This best-selling meditation book for those in recovery offers daily thoughts, meditations, and prayers for living a clean and sober life. 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: 1019 KB

Print Length: 194 pages

Publisher: Hazelden Publishing; 1 edition (June 3, 2009)

Publication Date: June 3, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B00BOE0LM8

Text-to-Speech: Not enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #82,389 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Personal Growth > Mysticism #40 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #64 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Meditation

## **Customer Reviews**

Richmond Walker wrote one amazing book back in the early 1950s and I have to say that next to the big book and the 12 and 12, this book has been instrumental in my 22 years of sobriety. This book has been by my side the whole time. I cannot recommend it enough. I think it blows the doors off of Daily Reflections which I think was done in a very half measures way. This book is way beyond that one.

This time honored book is a reliable source of support for those in recovery. The daily messages serve to help construct a positive thought pattern as we go throughout the day. Excellent for anyone but particularly those seeking to expand their spiritual awareness. Twenty Four Hours a Day Larger Print]][[ASIN:0894861085

As one of the many books for daily meditation available in the recovery community this is possibly my favorite. Having a thought, meditation, and prayer for each day is very helpful. Though not conference approved the book holds true to the principles and traditions of 12-step recovery, though its usefulness particularly for the meditations and prayers would apply to anyone. This pocket edition is easy to carry around or store conveniently in your preferred meditation spot. Only draw back with the pocket size is that sometimes the text is a bit on the small side, but not unreadable. Makes a great gift for people new to recovery, sponsors, or other friends in the program.

That's what this book is used for, keeping an individual focused on the 24 hours of recovery we have today. Written for people who are in recovery from Alcohol Addiction. It may be used by anyone who is addicted to drugs or alcohol.

THIS WAS A GIFT BOOK OF "24 HOURS A DAY" MEDITATIONS. IT IS AN EXCELLENT BOOK THAT HAS BEEN AROUND SINCE THE EARLY 1950'S. IT HELPS ONE TO MEDITATE EACH DAY ON A DIFFERENT SUBJECT DESIGNED FOR 'LIFE EXPERIENCE' INSTRUCTION AND HELP TO EXPERIENCE SOME SERENITY. HAD A VERY GOOD PRICE, AND SENT THIS BOOK AHEAD OF SCHEDULE. IT WAS PACKAGED PROTECTIVELY AND ARRIVED IN EXCELLENT CONDITION. I PURCHASE MOST OF MY BOOKS FROM , RECOMMEND IT TO OTHERS, AND WILL CONTINUE TO DO SO.

I have been sober for 26 years now....one day at at time. I was given this book my first day in rehab and loved reading it daily. When my dear friend went into rehab I ordered this book for her and it

quickly became a favorite of hers. This little book has great big support for anyone who has any kind of problem and needs to be reminded daily that there is hope and help.

I wouldn't want to start my day out without it. It is written for the alcoholic, but it is good for anyone who is recovering from addiction. The references to how the AA program works are always timely and a good way to focus on how you need to grow as you learn a new way to cope with life as you put down your addiction. Then they have a paragraph about how to keep connected to God throughout your day. I don't know how they do it but they seemed to always have significance for the day I am about to begin. It only takes a couple minutes to read but the ideas stay with you. I have read it from the beginning and I am looking forward to starting it again in Jan.

I purchased my hardback cover of this book in 1985 and have used it daily since then. Since I have gotten older, the print seems to have shrunk, so being able to get it on my Kindle was a great find.... I can see it again without struggling to read it. Update: the larger print hard cover book is much larger than expected but I CAN read it and that's the most important.

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