

**Twenty-Four
Hours a Day**

Editors

Twenty Four Hours a Day



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This best-selling meditation book for those in recovery offers daily thoughts, meditations, and prayers for living a clean and sober life. It really is a straightforward, yet effective way to greatly help us relate the Twelve Methods to everyday life and helps us find the power not to take that 1st drink each day. gives daily thoughts, meditations, and prayers for living a clean and sober life. "little black book" With over nine million copies in print (the original text provides been revised), this " And a believed, meditation and prayer for every day of the year, this helpful, pocket-sized volume also includes the Serenity Prayer and the Twelve Methods and Twelve Traditions of Alcoholics Anonymous." "For yesterday is but a wish, and tomorrow is only a vision" is section of the Sanskrit proverb quoted at the beginning of the reserve which has become one of the basic building blocks for a lifestyle of sobriety. A spiritual resource with useful applications to match our daily lives. Since 1954, Twenty-Four Hours a Time has become a steady force in the recovery of many alcoholics throughout the world.



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More than necessary There is a large amount of controversy over this book in AA as it is not conference approved. This book came about from the notes of a member of the Oxford group that was fundamentally a prayer group that Dr. bob attended with Henrietta Siberling for 24 months before he got sober. Bob and Ann Smith attended this group for 24 months never admitting his alcoholism despite the fact that that and his economic troubles were well known to the group. Just draw back with the pocket size is certainly that sometimes the written text is a bit on the tiny side, but not unreadable. Be inspired to become the best you with God's love and help??? Awesome and inspiring! there are no people more susceptible to think that they are God than alcoholics and; Abandon yourself to God. 2. Finished . you quickly find out in alanon is usually that although you might not have a drinking problem, we remain sick with the disease of alcoholism. 3. Help to make restitution for harms carried out. A DAY a Day Larger Print]]][[ASIN:0894861085 Essential! Work with others. Sound familiar, this is all documented by Gail who started the archives of AA and her lectures on background of AA are available on AA Podcasts. Great book! I proceeded to go with the paperback ISBN 978-0-89486-834-4. You won't regret buying it This little black book is really something else. RELEASE and Let God! Produce a written moral inventory. Richmond Walker wrote a single amazing book back in the early 1950s and I have to say that following to the big reserve and the 12 and 12, this book has been instrumental in my own 22 years of sobriety. I'm learning how to find inner piece which reserve (along with others) offers been amazing! I like that it offers a daily meditation I have used this publication for 8 years and can eventually have to get a new one particular for myself. I give them to other people in the program as it offers been my mainstay, especially when I was unable to attend meetings normally as I wished. I like that it gives a daily meditation, which I live and breath for. It models me on the right track for my time, and teaches me to internalize the messages in recovery. Used properly, it's rather a worthy tool for keeping one's sobriety. Despite the fact that the readings remain the same I obtain something new every year from the daily inspirations, and this book has spoken to my needs of as soon as more situations than I could count. It is truly a God-given hands to be held in the face of life on life's conditions.. The daily communications serve to help construct a positive thought pattern as we go during the day. Good for Daily Meditation Among the many books for daily meditation obtainable in the recovery community that is possibly my favorite. And 4. My cherished one is currently in rehab and I simply knew I experienced to accomplish something for myself. This reserve offers been by my part the whole time. It's a solution structured daily prayer and meditation publication. Though not conference approved the book holds true to the principles and traditions of 12-step recovery, though its usefulness especially for the meditations and prayers would connect with anyone. Makes a great gift for people new to recovery, sponsors, or additional friends in this program. I've been going to alanon meetings for about 2 weeks today and my sponsor really wants to wait around a month prior to starting my steps. This book was described to me as "A roadmap for a Spiritual Awakening.In the event that you haven't discovered your own Spiritual Awakening, as promised in Step 12, you need to ask yourself why you haven't. Two notes from my observations; The Oxford 4 actions were 1. People who haven't had a spiritual awakening are really missing out and have a tendency to hang out with folks who are equally skeptical, confirming their own doubts and inabilities. Invaluable, for me!! Most of the meditations are extracted from estimates in the Big Reserve! My only qualm is definitely that it can reference God a whole lot and that's not necessarily my matter, but I can easily get past that and look at the true message. Excellent for anybody but particularly those seeking to increase their spiritual awareness. It helps teach people to truly live the steps, include them in their lives, find out the traditions, and work responsibly and respectfully within (and outside of) AA. I believe it blows the doors off of Daily Reflections that i think was carried out in a very half measures way. This pocket edition is simple to transport around or store easily in your preferred meditation spot. One day he admitted to the group he cannot control his drinking and they prayed over him, 14 days later Expenses Wilson rolled into city. This book is method beyond that one. Even though it is bigger than this

hardcover. That is some sort of remade reserve in hardcover. Good luck and I wish you all the greatest as you trudge the street of sobriety. So you might wish to consider that one. Five Stars Great price Print too small As others have stated the print is really small. It really depends on the font you wish. read it everyday amazing book , been reading it for 26 yrs, wore out my old copy Great companion compared to that other bigger blue book. A Useful Support This time around honored book is a reliable source of support for those in recovery.. Great item Love this book Extremely inspiring! If every AA member go through and resided by this reserve, there'd be a lot more content and sober AA associates. Having a thought, meditation, and prayer for every day is quite helpful. And not really one of these regrets it! I cannot recommend it enough. We give this reserve to all or any of my sponsees and sooner or later, the scales are lifted from their eye! I'd give it 10 stars easily could. Good way to start out the day Keep coming back, it works if you work it! There exists a lot of wisdom in this book and as AA 12 steps was built on the 4 steps of the Oxford group, Personally i think it cannot hurt to read this! This book doesn't get the credit it deserves. Another book I recommend is the little red reserve written 10 years after the big publication and really enters the 12 actions in more detail than the 12 and 12. Extremely inspiring!



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