



ANSWERS IN THE HEART

DAILY MEDITATIONS FOR MEN AND WOMEN
RECOVERING FROM SEX ADDICTION

(**Hazelden**)
MEDITATIONS

Anonymous

Answers in the Heart: Daily Meditations For Men And Women Recovering From Sex Addiction (Hazelden Meditation Series)



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These meditations guideline us to the strength and courage within ourselves that is essential to face the lingering shadows of sex addiction. With the motivation and support unique to Hazelden meditation books, Answers in the Heart provides solace for the pain and inspiration for enduring recovery. These meditations guideline us to the power and courage within ourselves that's essential to face the lingering shadows of sex addiction.



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Must have for recovery. Take time to soak these in through situations of prayer with you Higher Power and know that there is hope for you. It's been a huge help me and my recovery from addiction. And purchase it for another person as well. Recommend it as a good book for recovering sex addicts or any addiction for that matter. I really like this book. The end of the devotionals have an ideal summary of what you just read. Great meditation book Great meditation book for addicts and non-addicts alike. This book is must have for anyone in recovery possesses hope for an improved life and renewed sense of self picture and a lot of encouragement that you are not alone in this struggle. Thought-Provoking Meditations My first duplicate of the book is showing symptoms of being read almost daily for days gone by five years. I needed another copy on hand for when the initial copy started falling apart from being used so much. I have already been reading it every morning. There are estimates that begin every devotional idea that have become inspirational points of view from not only Christian thoughts. I honestly think that every person in America should read this book. Oh, how I read this each day in the morning when I awaken. It's been extremely helpful for me to write these affirmation down on a 3x5 card to remember what motivated me about the devotional. JUST GET IT. A few of the messages have become profound and thought provoking. It is an excellent meditation reserve and I love how you can select a topic in the back. A way to grow daily. Poultry soup for the soul. Still very distilled wisdom loaded to up your mood and self morale. Uplifting book Plenty of wisdom and uplifting terms in this publication even if i have not always been ready to receive it. The devotionals have therefore very much wisdom and insight that one must get over their addiction. The lessons predicated on a higher power are not always helpful, though it comes after the 12 steps. Five Stars GREAT MEDITATION BOOK It is a fantastic meditation publication and I love ways to choose ... There's more truth in it about how we objectify one another and how falsely we perceive romantic relationship in this reserve than numerous others I've go through, and it's really a daily type of meditation on helpful, healthful, healing truths. Inspirational for single life or a relationship Inspirational for single-life or a relationship.



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