

KEEP IT SIMPLE

DAILY MEDITATIONS FOR TWELVE-STEP
BEGINNINGS AND RENEWAL



(Hazelden)
MEDITATIONS

Anonymous

Keep It Simple: Daily Meditations For Twelve-Step Beginnings And Renewal (Hazelden Meditation Series)



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The meditations in Keep It Basic concentrate on the Twelve Methods, stressing the importance of putting into practice new beliefs, slogans, and fellowship. By providing a year's worth of encouragement, reflection, and prayer, Keep It Simple gently integrates recovery wisdom into your everyday life with 366 simple action-for-the-time reminders. Like all the Hazelden meditation favorites, Keep It Simple is a dependable companion, extending a helping hand to those who seek a daily dosage of power, support, and guidance. There is absolutely no end to new beginnings. For those who have just set out on the trip of recovery with the Twelve Techniques as your guideposts, or if you are beginning once again with renewed spirit, these daily meditations can help you along your way, illuminating at every convert the simple beauty of the cornerstone ideas of recovery.



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Easy day to day activities and prayers for anybody with busy schedule or doesn't like weighty reading Bought this for a friend. I like that it reduces into daily things to do. The daily passages are brief and easy to accomplish. I would suggest "Keep it Basic" for anybody that may want a crystal clear and understandable interpretation of the 12 step program.. I know they used "My higher power" since not absolutely all people have confidence in God, however the inconsistency of using it occasionally and sometimes not after that rules out their preliminary reason for using it. This book really helps me plus some of my closest . books but that one never does not give me daily inspiration in plain spoken however decisive manner. "Keep It Simple" A LITTLE But Powerful Book As a counselor working in an inpatient detox service, I find this reserve invaluable. It's short but poignant readings make it an ideal way to start a group conversation. I've several med. I recommend this reserve to anyone who requires a little motivational boost in their day. Keep it Basic, Daily Meditations for Twelve-Step Beginnings and Renewal Keep It Basic is indeed easy to use and apply to daily living The format is usually familiar to many: a quote of your day, frequently from the Big Book, followed by a meditation, prayer, and finally an application or action stage to transport into and during the day. It's among the better daily "meditation" books I've purchased The best beginner meditation book available for those not used to recovery and 12 steps. I use this each morning as my meditation starter. Christian-based, they non-etheless offer a universal, simple concentrate for the day. I've utilized these little meditations for years, in my life and n teaching programs for people in recovery and/or dealing with those seeking serenity within their lives. I want it would state "God" throughout. Really like this Each day includes a passage to learn, a prayer to say and a suggestion to accomplish. If anybody follows the books ethics, you will become an asset to yourself and everybody else. This book really helps me and some of my closest friends. I read each and every morning with my glass if coffer. Happy I bought this. It really gives the clients something to reflect upon. But other than that small concern, it's an excellent book and I can't wait to give it to my friend to make use of daily in his sobriety trip. I really like the actions recommended. Yep Wow - this book is awesome. I would recommend "Keep it Simple" for anybody that may want a . Three Stars good quality YES, KEEP IT SIMPLE Yes, keep it simple. And other places they state "God". The thing that I don't care for is that the publication references mainly "My higher power" rather than "God".. Great book This is really great meditation book for recovering people. I highly recommend. I also got it for a great price on amazon. Love it! Love it!! An ideal daily dose of positivity!. On my Kindle, Keep it Basic does indeed make it simple to follow my plan daily! Mapping the Day These Daily meditations have already been a companion for a long time. I love it It's beautiful Good daily readings, and fast delivery I love this book it really is among the readings we make use of for our morning meditation It's always spot on The readings Bring a peaceful feeling as a humming bird would close to a Beautiful lake Fantastic book Like! It reminds you you need to take things 1 day at a time and how important it is to focus on the small/basic things first rather than to try to undertake the whole world simultaneously..



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