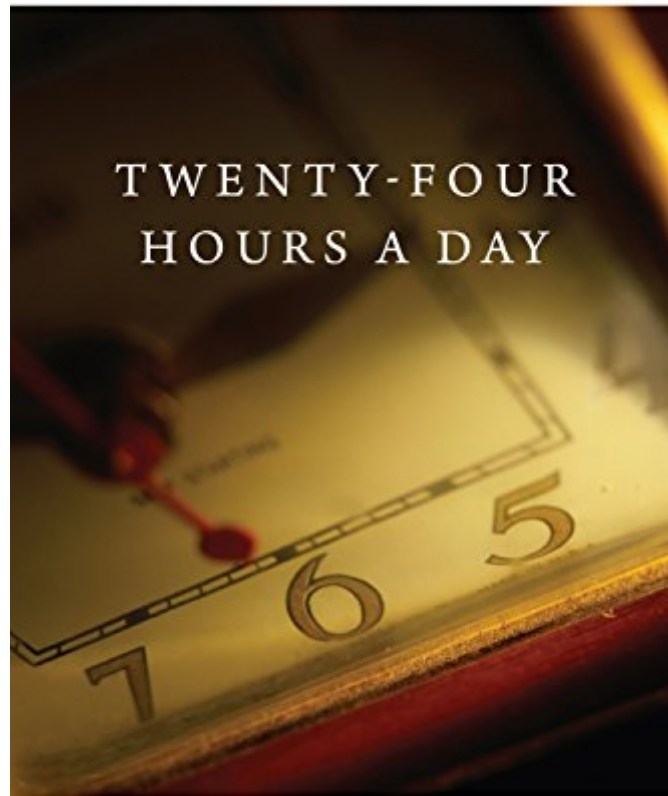


The book was found

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

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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 BREATHE DEEP AND REALIZE WHATEVER THE PROBLEM IS YOU ONLY HAVE TO HANDLE IT FOR 24 HOURS A DAY.

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