



Twenty Four Hours A Day: Meditations

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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.

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Megan Jordan:

This Twenty Four Hours A Day: Meditations is great guide for you because the content and that is full of information for you who always deal with world and possess to make decision every minute. This book reveal it information accurately using great arrange word or we can point out no rambling sentences in it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but tricky core information with splendid delivering sentences. Having Twenty Four Hours A Day: Meditations in your hand like getting the world in your arm, info in it is not ridiculous one. We can say that no book that offer you world inside ten or fifteen second right but this guide already do that. So , this can be good reading book. Hey there Mr. and Mrs. busy do you still doubt this?

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