

A Life Of My Own: Meditations On Hope And Acceptance - Karen Casey

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A Life of My Own-- direct and affirming meditations offer daily access to strength, serenity, and insight in our relationships with chemically dependent people. Written with a broad-based spirituality and straight-forward style by the author of the classic Each Day a New Beginning, these reflections gently guide friends and family working programs like Al-Anon, Nar-Anon, and Coc-Anon to a better sense of themselves, Twelve Step principles, and what it means to joyfully live a life of one's own. Author: Casey, Karen Publisher: Hazelden Illustration: N Language: ENG Title: A Life of My Own: Meditations on Hope and Acceptance Pages: 00400 (Encrypted EPUB) On Sale: 2010-06-28 SKU-13/ISBN: 9780894868634 Category: Self-Help : Meditation Category: Self-Help : Twelve-Step Programs Category: Self-Help : Codependency

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