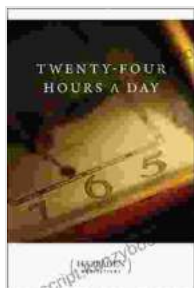


Twenty-Four Hours a Day: Hazelden Meditations for Daily Recovery

Twenty-Four Hours a Day: Hazelden Meditations for Daily Recovery is a daily meditation book that has helped millions of people in recovery from addiction. The book offers a daily meditation for each day of the year, and each meditation is based on the principles of Alcoholics Anonymous and Narcotics Anonymous. Twenty-Four Hours a Day has been praised for its simplicity, its honesty, and its effectiveness. It is a valuable resource for anyone in recovery from addiction, and it can also be helpful for anyone who is struggling with other challenges in life.

The History of Twenty-Four Hours a Day

Twenty-Four Hours a Day was first published in 1954 by Hazelden Foundation, a non-profit organization that provides treatment and recovery services for people with addiction. The book was originally compiled by a group of recovering alcoholics who wanted to share their experiences and insights with others. The book has since been translated into more than 20 languages and has sold more than 10 million copies.



Twenty-Four Hours a Day (Hazelden Meditations Book

1) by Pawel Malczewski

★★★★☆ 4.8 out of 5

Language : English
File size : 1392 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 424 pages
X-Ray : Enabled



The Principles of Twenty-Four Hours a Day

Twenty-Four Hours a Day is based on the principles of Alcoholics Anonymous and Narcotics Anonymous. These principles include:

- Admitting that you are powerless over addiction
- Surrendering your life to a higher power
- Making a moral inventory of yourself
- Confessing your wrongs to others
- Making amends for your past mistakes
- Practicing humility and gratitude
- Helping others

The Benefits of Twenty-Four Hours a Day

Twenty-Four Hours a Day can provide many benefits for people in recovery from addiction. These benefits include:

- Increased self-awareness
- Greater understanding of addiction
- Improved coping skills
- Reduced cravings
- Increased motivation

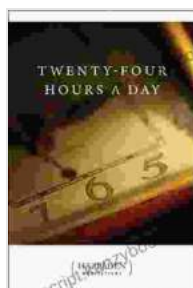
- Improved relationships
- Greater peace of mind

How to Use Twenty-Four Hours a Day

Twenty-Four Hours a Day is a daily meditation book. It is best to read the meditation for the day each morning and then reflect on it throughout the day. You can also use the book to help you through difficult times. If you are struggling with a particular issue, you can read the meditation for that day or the meditation for a related topic.

Twenty-Four Hours a Day is a valuable resource for anyone in recovery from addiction. It can also be helpful for anyone who is struggling with other challenges in life. The book's simple, honest, and effective meditations can help you to find peace, strength, and hope.

Twenty-Four Hours a Day is a classic daily meditation book that has helped millions of people in recovery from addiction. The book's simple, honest, and effective meditations can help you to find peace, strength, and hope. If you are struggling with addiction or any other challenge in life, I encourage you to give Twenty-Four Hours a Day a try.



Twenty-Four Hours a Day (Hazelden Meditations Book

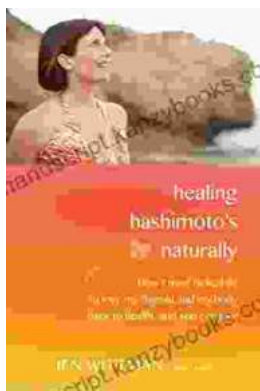
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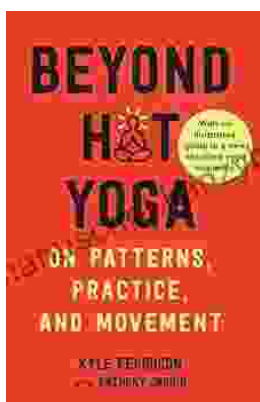
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