

Read Book The 12 Step Prayer Book Volume 1 A  
Collection Of Favorite 12 Step Prayers And  
Inspirational Readings

# **The 12 Step Prayer Book Volume 1 A Collection Of Favorite 12 Step Prayers And Inspirational Readings**

Speaking thoughtfully to those recovering from substance abuse and addiction, God Grant Me offers a daily dose of strength and wisdom with each of its meditations. The journey of recovery is inspired by insight, prayer, and continuous renewal. After years of reflection on the themes they presented in their first collection of readings, with this follow-up the authors of the bestselling meditation book Keep It Simple build upon incorporating Twelve Step practices into their daily lives. These readings present the recovery wisdom of Alcoholics Anonymous, Narcotics Anonymous, and other Twelve Step programs, supporting readers in the process of developing a regular therapeutic practice of mindfulness, community, and inspiration. Overcoming addiction requires connecting with the things that define a life of health and wellness—introspection, spirituality, daily support, and fellowship. God Grant Me is a dependable companion that gives guidance and inspiration for new beginnings and a sustained sober life. Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part

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of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

## The 12 Step Prayer Book Volume 2

The best-loved prayers used by 12-step group members are included in this pocket-sized book. Topics cover resentment, fear, gratitude, improving conscious contact, humility, and more.

## The Story of how Many Thousands of Men and Women Have Recovered from Alcoholism

### Step 11 AA

### The Little Red Book Study Guide

### A Daily Guide to Victory

### More Twelve Step Prayers and Inspirational Readings

### Prayers 184-366

### A Collection of Inspirational Daily Readings

### Beyond Belief

While The Little Red Book interprets the Twelve Steps, the Guide gives newcomers to AA the structure needed to live them. Designed as an aid for the study of the book, Alcoholics Anonymous, The Little Red Book contains many helpful topics for discussion meetings. Drawing from the practical experience of alcoholics who found peace of mind and contented sobriety by following a way of spiritual life set forth in Alcoholics Anonymous, The Little Red Book can help members quickly

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develop an acceptable 24-hour schedule of AA living. Based on the many past study guide formats and beginner classes for The Little Red Book and modeled after Twelve Step instruction programs offered at AA meetings, this new study guide provides a solid and comprehensive study structure for men and women in AA Twelve Step groups and for individuals studying The Little Red Book on their own. While The Little Red Book interprets the Twelve Steps, the Guide gives newcomers to AA the structure needed to live them.

A collection of words of wisdom and inspiration is gleaned from Twelve Step meetings and adapted from common prayers and devotional readings, for anyone who has difficulty finding the right words to speak with his or her Higher Power.

Now you can have a word of encouragement...a word of inspiration... a word of faith...every day of the year! Written by Kenneth and Gloria Copeland, From Faith to Faith daily devotional deals with real living. From their own experience, the Copelands know the fight of faith isn't won overnight. It's won little by little in the practical territory of everyday life. From Faith to Faith talks about the struggles you face every day...struggles with weariness, irritation, children, finances, even overeating. Kenneth and Gloria show you how, by applying the Word of God, you can make major changes for victory in every area of your life. Just think...breakfast, your Bible, and a big word of

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encouragement and faith from Kenneth and Gloria Copeland every day of the year. You will grow From Faith to Faith.

"All spiritual traditions have a wisdom literature. Alcoholics Anonymous is a spiritual tradition. Its influence and spread in the present century is going to depend on how well each generation of those in recovery assimilate and interiorize the basic wisdom that is enshrined in the Twelve Steps and the Twelve Traditions." --Thomas Keating In this major new work, Father Thomas Keating reflects on the wisdom and legacy of the Alcoholics Anonymous Twelve-Step Method and its connections to, and similarities with, the Christian mystical traditions of centering prayer and Lectio Divina. In conversation with a long-time member of AA meetings, Father Thomas talks insightfully about surrendering to one's Higher Power and the journey that must be undertaken for the healing of the soul to begin.

Philosophical Explorations of Twelve Step Spirituality

Yoga and the Twelve-Step Path

A Catholic Journey through Recovery

The Language of Letting Go

Recovery

Drop the Rock

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the

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"rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

The face of addiction and alcoholism is a face that many have seen before -- it may be a celebrity, a colleague, or even a family member. And though the 12-step program by itself can often bring initial success, many addicts find themselves relapsing back into old ways and old patterns, or replacing one addiction with another. Author Darren Littlejohn has been there and back, and presents a complimentary guide for recovery to the traditional twelve-step program, out of his own struggles and successes through the study of Zen and Tibetan Buddhism. Working with the traditional 12-Step philosophy, the author first shares his own life path, and how he came to find the spiritual solace that has greatly enhanced his life in recovery. Then, he details out how his work integrating Buddhism into the traditional twelve-step programs validates both aspects of the recovery process. While being careful not to present himself as a Tibetan lama or Zen master, the author shows how each step -- such as admitting there is a problem, seeking help, engaging in a thorough self-examination, making amends for harm done, and helping other drug addicts who want to recover -- fits into the Bodhisattva path. This integration makes Buddhism accessible for addicts, and the 12 Steps understandable for Buddhists who may otherwise be at a loss to help those in need. The 12-Step Buddhist is designed to be a complimentary practice to the traditional 12-step journey, not a replacement. While traditional twelve-step programs help

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addicts become sober by removing the drug of choice and providing a spiritual path, they rarely delve deep into what causes people to suffer in the first place. The integration of Buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep, spiritual liberation from all causes and conditions of suffering -- for good.

Designed as an aid for the study of the book, *Alcoholics Anonymous, The Little Red Book* contains many helpful topics for discussion meetings. This is the original study guide to the *Big Book*, *Alcoholics Anonymous*. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsor; provides in-depth discussions of each of the Twelve Steps and related character defects; poses common questions about AA and helping others, identifying where to find answers in the *Big Book*; features non-sexist language.

A dependable companion for people in all stages of recovery, *Keep It Simple's* meditations bring you back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of *Alcoholics Anonymous*, *Narcotics Anonymous*, and other programs. By providing a year's worth

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of encouragement, reflection, and prayer, Keep It Simple becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

A collection of 12 Step Prayer Books Volume 1 and 2

Answers in the Heart

Twelve Steps and Twelve Traditions Trade Edition

The Little Red Book

12 Step Prayers for a Way Out

More 12 Step Prayers and Inspirational Readings - Prayers  
184-366

Freedom from Our Addictions

*Winner of a 2018 Catholic Press Association Award: Sacraments. (Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs. In The*

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*Twelve Steps and the Sacraments, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments. Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to personally encounter God. He tells us how: Baptism helps you admit powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and refreshingly practical help.*

*The newly compiled 12 Step Prayer Book offers adapted and traditional prayers to complement any Twelve Step program or any mindful recovery*

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*experience. Collected and compiled from varied authors, faiths, and lifestyles, these prayers of strength and healing will give you a thought for each day. These are the faithful words of the world. From Bill P., the author of the recovery classics Easy Does It and Drop the Rock, and Lisa D., comes this cherished set of prayers, now presented for the first time as part of Hazelden's beloved series of daily readings. Bookended by morning and nightly prayers, this new edition now provides prayers and readings based on themes related to each Step. Regardless of your religious affiliation or a lack thereof, prayer houses infinite power: it is the spiritual language of the unified human experience. In a modern approach to prayer and meditation, The 12 Step Prayer Book utilizes sources from across the world to support your recovery. Treatment, counseling, and other forms of therapy are unquestionably necessary for sobriety. They are, however, finite. Once they end, what becomes our source of hope, strength, and wisdom? Twelve Step recovery demands continuous spiritual growth, and spiritual growth demands a Higher Power. Our faith needn't be perfect, but it must be present. Through prayer and daily connection with the spiritual, our hearts remain full and open to the life recovery promises.*

*Connection between yoga and Twelve-Step principles is explicit, without being didactic. Easy to follow instructions for poses and practices.*

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*Consistent daily prayer is possible with help from this program that divides an hour of prayer into five-minute "points of focus."*

*More Daily Meditations from the Authors of Keep It Simple*

*Simple and Effective Recovery Through the Taking and Teaching of the 12 Steps*

*Sought Through Prayer and Meditation*

*In God's Care*

*The Narcotics Anonymous Step Working Guides From Faith to Faith*

*Removing Character Defects*

**Originally developed by Alcoholics Anonymous, the Twelve Step program now provides life direction for the millions of people worldwide who are recovering from addiction and undergoing profound personal transformation. Yet thus far it has received surprisingly little attention from philosophers, despite the fact that, like philosophy, the program addresses all-important questions regarding how we ought to live. In *Sobering Wisdom*, Jerome A. Miller and Nicholas Plants offer a unique approach to the Twelve Step program by exploring its spirituality from a philosophical point of view. Drawing on a variety of thinkers from Aristotle to William James and from Nietzsche to Foucault, as well as a diverse range of philosophical perspectives including naturalism, Buddhism, existentialism, Confucianism, pragmatism, and phenomenology, the contributors to this volume address such questions as the relation of personal**

responsibility to an acknowledgment of powerlessness, the existence of a "higher power," and the role of virtue in recovery. Ranging in tone from deeply scholarly to intensely personal, their essays are written in an accessible way for a broad audience that includes not only philosophers, theologians, and psychologists but also spiritual directors, health professionals, and addiction counselors. Perhaps most important, the book is also conceived for those involved in Twelve Step programs whose lives are being transformed by the experience.

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you

addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

With *Practicing the Here and Now: Being Intentional with Step 11*, you'll learn to use prayer and meditation to work all the steps, so you can make contact with the Higher Power in a way that is yours and yours alone. Step Eleven Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working—and living—this vital recovery "maintenance Step" doesn't have to be as challenging as commonly thought. With *Practicing the Here and Now*, you'll find guidance on using prayer and meditation to help you be present throughout each day, staying in contact with your Higher Power for ongoing inspiration and sustenance. By opening the connection to your Higher Power with what Herb K. calls "Intentional Consciousness," prayer and meditation can help

**you fully experience the cumulative power of the Twelve Steps to deepen and sustain your recovery journey.**

**In addition to staying connected to our support systems and avoiding opportunities to use during the coronavirus pandemic, we can also keep confronting and conquering the self-destructive things we think and do that undercut our health and sanity. Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include: confusing self-concern with selfishness; not making amends; using the program to try to become perfect; not getting help for relationship troubles; and believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.**

**Agnostic Musings for 12 Step Life  
A Book of Daily 12 Step Meditations  
A Practical Plan for Personal Prayer**

**A Collection of Favorite 12 Step Prayers and  
Inspirational Readings**

**12 Stupid Things That Mess Up Recovery**

**Daily Meditations for Men and Women Recovering  
from Sex Addiction**

**Keep It Simple**

*Rebellion Dogs Publishing is proud to announce a  
21st century daily reflection book. Beyond Belief's*

*2014 second printing is now available with a*

*Foreword by Ernie Kurtz and updated links and End  
Notes. What are "agnostic musings"? It is not news*

*to anyone that the war of worldviews makes for  
sporting debate; does an intervening God grant*

*sobriety, serenity, wisdom and courage or is*

*conscious contact a delusion? Sorry, while we might  
be as amused as anyone with this question, Beyond*

*Belief: Agnostic Musings for 12 Step Life doesn't  
enter this debate. Hate the game; don't hate the*

*players. A good idea is a good idea. Why dismiss  
valid experience because of the beliefs that someone*

*harbors? Beliefs aren't facts. Beyond our belief is  
where life is happening: chances have to be taken;*

*processes have to be evaluated; life has to be lived.  
Atheists, humanists, skeptics and agnostics will feel*

*included in these daily reflections. Believers won't  
feel mocked or belittled. Everyone in recovery is*

*included. No one needs to adopt the beliefs of  
someone else nor deny our own beliefs to get clean*

*and sober. Believing and belonging are not  
synonymous. We are well into Century 21. Anyone*

*should feel free to doubt or believe with impunity.*

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**Everyone's experience is a valid currency. The 12 Step community has no experts. Rebellion Dogs Publishing neither canonizes nor vilifies 12 Step culture. This book draws on philosophy, psychology, entertainment, art, spiritual musings, skeptical inquiry and the uncanny wisdom of the rooms.**

**Professional and 12&12 Member reviews: Melissa D., Clinical Psychologist, California says, "I have never seen a daily devotional book written for agnostics. I found the readings to be extremely thought provoking. I wonder sometimes since there is such talk about God at meetings, what kind of turn-off that must be for agnostics. I think this book will be very helpful to both the newcomer and the mature 12 Step member." Bob K, contributor to AAagnostica.org says, "I expected his book to be good. It's WAY, WAY better than good. The book is outstanding. Two decades of not being a 'daily reflections' kind of guy, are over. Now I have reflections worth reflecting over! Buy this book or you will suffer a horrible and painful death! Well, maybe not, but you'll be missing out on something very good." Michel D. says, "AA can, and must, adapt to changing circumstances and Bill Wilson was the first one to admit it.**

**Unfortunately, members who have come after him are more zealous than our first members. We have seen this dogmatism in history before of course, especially in religion. This is a very slippery slope. I really like the fact that these reflections are for anyone who has an open mind. It does not cater to a specific group to the exclusion of others. " Denis K.**

**says, "Many thanks for this great book; my Monday night group and I are having some great discussions related to the daily musings both at the group and often during the week over coffee. All of us were quickly losing interest in the local meetings; Beyond Belief: Agnostic Musings for 12 Step Life gave all of us a much needed spark that has renewed our interest in the fellowship." Dr. Amy, MSW, PhD, adds, "One criticism of the 12 Step movement of course is that its dogma can be limiting-Beyond Belief seems to have addressed this. The quotes are cogent, the organization superb and the contributors are diverse." The book includes an index of over 120 topics, extensive notes and a bibliography.**

**Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.**

**The Spiritual Solution - Simple And Effective Recovery Through The Taking And Teaching Of The**

***12 Steps is a guide to the 12 Steps as presented in the book Alcoholics Anonymous. The 12 steps are intended to be a simple and straightforward way for alcoholics to actually take the steps in one sitting. The 12 Steps were never intended to be studied, worked, or analyzed in any protracted way. The 12 Steps are meant to be taken as soon as possible, early in recovery. Included in this book are the guidelines used during The Spiritual Solution One Day 12 Step Workshops. There are additional chapters on: The Founding of AA The Development Of The Spiritual Solution To Alcoholism The Maintenance Steps - Steps 10, 11 and 12 Sponsorship The Home Group Special (exclusive) Meetings Other Substances And Singleness Of Purpose Sober Time and Qualifications For Service The Meaning Of Conference Approved Literature The Spiritual Solution book explains what has happened to a program once called a miracle of the twentieth century, and how AA can return to its previous effectiveness. Whether the reader has been "in the rooms" for many years or still struggling with active alcoholism or addiction, The Spiritual Solution provides a clear, simple and effective guide to comfortable and contented sobriety by actually taking the 12 Steps. If the reader has tried AA and became disappointed or disillusioned, you were more than likely never presented with the actual AA program of recovery found only in the 12 Steps as described in the book Alcoholics Anonymous. The digital edition has a linked 12 Step Quick Guide***

**showing precisely the location of the steps in The Big Book. The 12 Step Quick Guide is included in the paperback edition as well.**

**True, lasting recovery requires us to create and maintain inner peace. For many, it springs from a practice of mindfulness, for others from the rituals of religion. But not everyone finds a connection with a Higher Power in those ways. Through daily reflection and meditation, In God's Care gifts a healing inspiration to our spirit. Steadily, we find spiritual growth. Recovery is an act of faith. An addict is promised healing and self-development through the rigors of counseling, treatment, therapy, and a Twelve Step program. With motivational guidance, addictive behaviors are abandoned, coping skills are learned, and sobriety is lasting. The cycle of addiction is broken by trusting in the process. This is the power of faith: a new way of life. Co-author Karen Casey, who wrote the bestselling recovery classic Each Day a New Beginning, harnesses this power to transform life's struggles into a devotional outlook. These heartfelt meditations encourage the optimism needed for continuous change. It doesn't matter what we call the goodness we wish to be and see—God or otherwise. It only matters that we hold it in our hearts and affairs as we create a new life. That is the truest definition of a Higher Power.**

**Enhance Recovery from Any Addiction  
Alcoholics Anonymous**

**The 12 Step Prayer Book Volume 1 & The 12 Step  
Prayer Book Volume 2**

***Easy Does It***

***Gratitude***

***Daily Meditations for Twelve Step Beginnings and  
Renewal***

***A Book of Reflections by A.A. Members for A.A.  
Members***

The basic text for Alcoholics Anonymous.

For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. Easy Does It provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will disable any trauma, loneliness, or emotional pains in your recovery. Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. Easy Does It, written by the authors of The Twelve-Step Prayer Book, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. These aren't simple buzzwords: they are the birthplace of your day's spirit. One simple thought can change your day. Make yours

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serene.

TENTH ANNIVERSARY EDITION “ Brother Rohr may just take you to places you ’ ve both avoided and longed for, to truth, union, joy, laughter, and, greatest of all, to your own precious self, here on earth with us, child of God.” –Anne Lamott, from the foreword We all suffer from unhealthy dependencies that we continually return to in hopes of having a better life. But after yet another TV show is streamed or another drink is swallowed, we find we once again feel worse, not better, than we did before. Where is the hope for that fully awakened life we long to live? World-renowned author Richard Rohr says we can only be healed and find true fulfillment by facing our dependencies head-on. In *Breathing Under Water* he will guide you to: Disentangle from cultural cycles of sin and emptiness Discover how to get free from your personal toxic dependencies Learn how the Twelve Step program can supplement Christian teaching Find compassion for others and yourself Enjoy a deeper spiritual life, feeling certain of God ’ s love for you Those who are ready to break negative patterns and experience greater internal freedom will find bold hope and transformation in this insightful book.

An inspiring collection of meditations, prayers, and insights designed to facilitate the weekly practice of the 11th step, heightening our conscious contact with God as we understand him. Each year,

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hundreds of men and women cross the threshold of the Wolfe Street Center in Little Rock, Arkansas. Many of them attend the "Hour of Power," a weekly Sunday morning meeting focused on heightening one's spiritual awareness and growth by focusing on the Eleventh Step of Alcoholics Anonymous: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." This special book, designed for weekly study, offers a prayer, a meditation, and related insights from the discussions that emerged during the "Hour of Power." Sought Through Prayer and Meditation brings the insights of the collective consciousness of the Wolfe Street groups to recovering people everywhere. This book reminds us that if we are vigilant in our spiritual pursuit, we may well achieve what is promised: "a glimpse of that ultimate reality which is God's kingdom." (Geno W.)

The 12 Step Prayer Book

The Hour That Changes the World

The Twelve Steps and the Sacraments

Inspirations by Melody Beattie

Daily Meditations on Codependency

Drop the Rock, Second Edition and Drop the Rock,

The Ripple Effect

Removing Character Defects - Steps Six and Seven

Melody Beattie encourages and inspires readers to reconnect with what's truly important in life. "Today,

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celebrate who you are." "We can show our gratitude for life in even our smallest actions." "Could it be that you're who you are and where you are for now for a reason?" Featuring stirring affirmations from Melody Beattie, Gratitude encourages and inspires readers to reconnect with what's truly important in life. Beyond today's often-harried lifestyle, the colorful pages in this book capture the essence of everyday blessings--the twists and turns of challenges, the friends we make, and the simple pleasures that create a lasting attitude of gratitude.

Twelve Steps to recovery.

The 12 Step Prayer Book A Collection of Inspirational Daily Readings Hazelden Publishing

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics

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Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

Divine Therapy and Addiction

Avoiding Relapse through Self-Awareness and Right Action

Breathing Under Water

Drop the Rock: 2-Book Bundle

Alcoholics Anonymous Comes of Age,

Wisdom from the Sunday 11th Step Meetings at the Wolfe Street Center in Little Rock

Partnership With a Higher Power

***Drop the Rock is one of the best-selling recovery books ever, with more than 200,000 copies sold to date. It's companion piece, Drop the Rock . . . The Ripple Effect has already sold thousands of copies. Now it's easy for you to get both of these essential recovery books in a convenient e-book bundle. About Drop the Rock, Second Edition Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery--or at the least, block further progress. Based on the principles behind Steps Six and Seven, Drop the Rock combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference***

**section. About Drop the Rock. . .The Ripple Effect In this follow-up to Drop the Rock: Removing Character Defects, Fred H. explores "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day to avoid picking up "the rock"—also known as resentment, fear, and self-pity—again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, Fred H. reveals Step 10 as the natural culmination of working the previous Steps, providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Drop the Rock. . .The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program and shows Step 10 as a key to a sober life free of fear and resentment, and filled with serenity and gratitude. Includes both Volumes 1 and 2 of the recovery staple, The 12 Step Prayer Book. Where ever you are on your recovery journey, and however you define your Higher Power, you will find spiritual support in this special collection of prayers and inspirational readings. Volume 1 features 183 passages gleaned from Twelve Step meetings and adapted from common prayers and devotions, including: a guide for daily reading; traditional and best-loved recovery prayers; and Step and meeting prayers. Volume 2 includes 183 more prayers and meditations that capture the core truths, challenges, and gifts of recovery. This volume offers prayers: of acceptance, thankfulness,**

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**and joy; for strength, courage, patience, and wisdom; for the willingness to work the Steps and carry the message to others; for family and friends, sponsees and sponsors; and for humility, serenity, and hope. Whether you are new to recovery or are an old-timer in one of the Twelve Step Fellowships, the prayers and inspirational readings in this collection will comfort, encourage, and guide you in your spiritual journey.**

**Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps. Readers will find a prayer to inspire each new day in recovery with this second volume of the popular book of devotions. Whether you are new to recovery or are an old-timer in one of the Twelve Step Fellowships, the prayers and inspirational readings in this collection will comfort, encourage, and guide you in your spiritual journey. Building on the overwhelming success and reception of the first volume, here are 183 more prayers and meditations that capture the core truths, challenges, and gifts of recovery. This volume of *The 12 Step Prayer Book* offers prayers: of acceptance, thankfulness, and joy for strength, courage, patience, and wisdom for the willingness to work the Steps and carry the message to others**

Read Book The 12 Step Prayer Book Volume 1 A  
Collection Of Favorite 12 Step Prayers And  
Inspirational Readings

**for family and friends, sponsees and sponsors  
for humility, serenity, and hope and more...**

**12 Step Prayer Book**

**Practicing the Here and Now**

**The Spiritual Solution**

**Daily Reflections**

**The 12-Step Buddhist**

**God Grant Me**

**Sobering Wisdom**

*Doing things our way got us into trouble. Now it is time to develop a relationship with our Higher Power in order to carry out God's will for us. This pamphlet explains the many benefits to us.*

*This collection of prayers and inspirational readings was compiled to assist members of all Twelve-Step fellowships with healing and spiritual progress and is designed to be used alone or in conjunction with the bestselling book, The Twelve Steps--A Way Out.*

*Spirituality and the Twelve Steps*

*Being Intentional with Step 11*

*Daily Meditations on Spirituality in Recovery*