



Day by Day: Daily Meditations for Recovering Addicts (Hazelden Meditations)

By *Anonymous*

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Day by Day's inspirational messages augment and reinforce NA principles about coping with today's problems while staying chemically free.

Newly revised, this classic meditation book has brought an eloquent message about living one day at a time to more than a million recovering addicts. Its inspirational passages augment and reinforce AA principles about coping constructively with life's daily problems, staying sober, and growing spiritually.

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