



Living the Promises: Coming to Life on the Road to Recovery

Jenifer Madson

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Living the Promises is a personal, warm 365 reader includes quotes and exhortations, celebrations and lists of gratitude's, and all manner of real-life inspirations. Each month begins with a promise and each day explores that promise.

Jenifer Madson shares her ongoing story of recovery: what it was like, what happened, and what it is like now, not with "drunkalogues," but with stories and sayings and strategies that will help you or someone you know get sober, stay sober, and live a life of joy.

Living the Promises is the first meditation book to be based specifically on the 12 promises of the *Big Book of Alcoholics Anonymous*, and is the perfect daily guide for anyone in recovery seeking peace and healing. Among those promises are:

"We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. Our whole attitude and outlook upon life will change."--From *The Promises, Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*, 3rd ed.



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George Hughes:

Have you spare time for just a day? What do you do when you have more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a walk, shopping, or went to the actual Mall. How about open as well as read a book called Living the Promises: Coming to Life on the Road to Recovery? Maybe it is to be best activity for you. You understand beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have various other opinion?

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A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you need to try to find a new activity that is look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a e-book. The book Living the Promises: Coming to Life on the Road to Recovery it is quite good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy the particular e-book. You can m0ore very easily to read this book from the smart phone. The price is not very costly but this book possesses high quality.

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