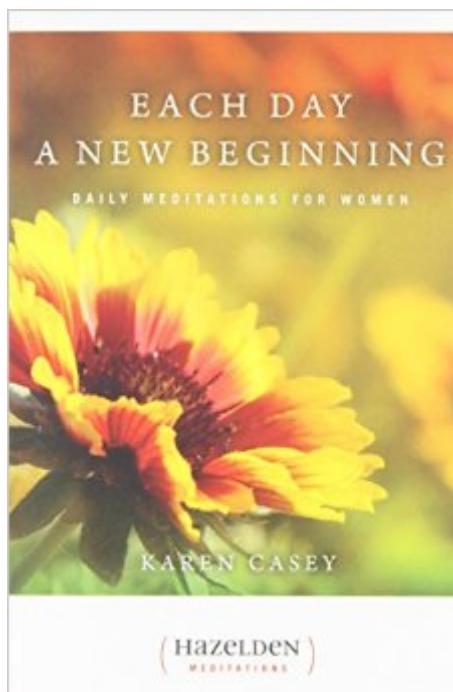


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# Each Day A New Beginning: Daily Meditations For Women (Hazelden Meditations)



## **Synopsis**

Each day holds its promise, and life's journey begins anew. Find inspiration and guidance for dealing with the challenges and new experiences of recovery in the writings in *Each Day a New Beginning*--from a woman who cares about others. Beloved author, Karen Casey, writes about self-esteem, friendships with other women, hope, attitudes about life and relationships, and more. Her words help bridge the gap between self and Higher Power, between loneliness and sharing the emotions of recovery. Each day's message begins with a quotation--from such exceptional women as Agatha Christie, Annie Dillard, Beverly Sills, Helen Keller, Maria Montessori, Adrienne Rich, Katharine Hepburn, Amelia Earhart, and many more--and ends with an affirmation, marshaling the feminine courage and spirit, wisdom and wit that make every day count. Almost three million recovering women turn to these meditations each day.

## **Book Information**

Series: Hazelden Meditations

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Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (204 customer reviews)

Best Sellers Rank: #11,698 in Books (See Top 100 in Books) #20 inÂ  Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #24 inÂ  Books > Religion & Spirituality > New Age & Spirituality > Mysticism #41 inÂ  Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## **Customer Reviews**

One of my best friends recommended this book to me last winter. She said she carried hers everywhere she went even when she traveled. It brought her peace especially after the death of her mother. It is a wonderful book for women. Each day (it's a daily reflection) offers an inspiring quote, a powerful meditation and an encouraging affirmation. The book reflects the individuality and spirituality of women and the importance of their self esteem. It's funny to me that the right words always seem to appear on the page just when I need to read them for that extra boost.

This isn't just for the recovery program. This is a powerful book with truly powerful insight and is so wonderful! This is a book for any women during a crisis, or a friend in need who is have a serious crisis. They will cherish this book and see a new spark of light during the dark times. I did and I thank the friend who gave it to me...

This quiet meditation book, has served countless recovering women since innitial printing in 1982. The author, who recieved her Ph.D from the University of Minnesota, was inspired to write the text while working for the Hazelden Treatment Center. She recognized that a woman's recovery can be based on other factors than those that apply to men; and wrote a text for a womens audience. In the book, there is an essay on recovery for each day of the year. These essays are preceded with an appropriate quotation and followed with a suggestion for meditation. I have used this book successfully with many of my clients and highly reccomend it for professional libraries and for the general public.

When I purchased this book, I was looking for a daily reader with strong, inspirational stories for women. I did not realize the book was specifically a 12-step book. Although I appreciate the 12-step traditions, I find this book actually reinforces some of the things I was trying to get away from, including extreme emphasis on accepting things as they are. Again, I appreciate the 12-step traditions, including the concept of serenity. However, many people seem to accept things that they actually can change because they do not acknowledge their power to make those changes. In my opinion, this book promotes such a perspective. The other criticism I have is that it is somewhat heavy on God, and even though it may not be explicit, it is clear that this is from a traditional religious perspective. If you are looking for a 12-step book that is God-focused, then this should work for you. If not, I would recommend continuing your search.

This book of "wisdom" is not just for those in the 12-Step Recovery Program. A friend gave me this book during a very rough time in my life and has provided me inspiration, thought and hope. I, too, shall buy this book for my women friends during a life crises (hopefully I won't need to purchase too many!).

This is a wonderfully inspirational daily devotional type book. I found it to be incredibly motivational in my first year of sobriety and I would recommend this book for any woman who is trying to get

sober. I have attached some of the passages that I found particularly touching over the year.

What a wonderful little book this is! A friend gave me a copy back in 1988 when she and I were both trying desperately to patch up marriages that had been damaged by our respective husband's abuse of alcohol. I will forever be grateful to her for this gift. The book is not just for women struggling with addictions...it is for all of us who think there is no light at the end of the tunnel. In the beginning, I read a page each night. After awhile I moved on with my life and felt no need to read it. As I have proceeded with my life I have referred to this book each time life seemed bleak, and every single time I have turned to that day's message...it has been EXACTLY the message I needed to hear to make me feel better. I encourage you to purchase this book for yourself and the women who mean a lot to you...and to let its messages become part of your lives. You WILL be better for it. Some days you will find that the messages are obviously directed at women who are recovering from addictions...it doesn't matter...you will still find a sentence in that message that will be worth a pause in your day.

I "inherited" a copy of this book from my mother's bedside after she passed away in 1988, and have had it with me ever since. It is a wonderful companion, each morning, as I begin my day. Even though I have read the same daily pages, each year for the past 23 years, the message to me changes and evolves, giving new meaning to the passages, each time. I highly recommend this book.

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