



The Easy Does It Meditation Book and Recovery Flash Cards

Mary Faulkner

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"The good news is we can find serenity by doing nothing. It doesn't cost any money, and it doesn't require anything out of us. The bad news is we can find serenity by doing nothing, we can't buy it, and it doesn't need anything out of us. Therein lies the challenge!"

--Mary Faulkner

The Easy Does It Meditation Book and Recovery Flash Cards is a profound, challenging, and comforting book that includes fifty-two meditations--one for each week of the year. These wise and witty musings are meant to encourage and inspire anyone traveling on the path of recovery.

Also included are fifty-two Recovery Flash cards. Each card contains specially selected line drawings, Twelve-Step folk wisdom, and quotes from *The Big Book* of Alcoholics Anonymous.

This is the essential tool for embracing the challenges of recovery. It provides a quick pick-me-up, a gentle reminder to refocus on your spiritual program, and a way of getting back on track.

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Precisely why? Because this The Easy Does It Meditation Book and Recovery Flash Cards is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who write the book in such awesome way makes the content inside easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of positive aspects than the other book include such as help improving your proficiency and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

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