



## Peace a Day at a Time: 365 Meditations for Wisdom and Serenity (Paperback)

By Karen Casey

Conari Press, U.S., United States, 2011. Paperback. Book Condition: New. 175 x 124 mm. Language: English . Brand New Book. Karen Casey's daily meditation books have guided millions through their recovery and daily lives. She has written eloquently about almost every facet of recovery and how to live a sober, balanced life by trying to live in the present, one day at a time. In this new collection Casey offers meditations for the next step in recovery: developing serenity in order to live a happier, more peaceful life. Drawn from her most popular meditation books, Peace a Day at a Time offers a classic meditation-a-day: an opening quote, a brief essay, and a takeaway message--for every day of the year. This powerful set of daily reminders on how to stay centered and find inner peace features a companion index with key theme words to reference any issue you are struggling with. Meditations include: \* paying attention and listening to your inner voice \* avoiding drama and letting go of blame \* how to stop living from crisis to crisis \* coping with fear, sorrow, anger, and pain \* embracing change \* practicing kindness, joy, hope, and acceptance Karen Casey is...

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