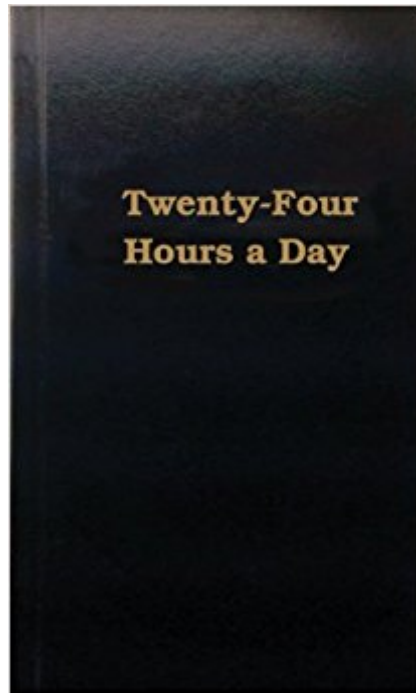




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# Twenty Four Hours A Day (Hazelden Meditations)



## Synopsis

This best-selling meditation book for those in recovery offers daily thoughts, meditations, and prayers for living a clean and sober life. Since 1954, *Twenty-Four Hours a Day* has become a stable force in the recovery of many alcoholics throughout the world. With over nine million copies in print (the original text has been revised), this "little black book" offers daily thoughts, meditations, and prayers for living a clean and sober life. A spiritual resource with practical applications to fit our daily lives. "For yesterday is but a dream, and tomorrow is only a vision" is part of the Sanskrit proverb quoted at the beginning of the book which has become one of the basic building blocks for a life of sobriety. In addition to a thought, meditation and prayer for each day of the year, this handy, pocket-sized volume also contains the Serenity Prayer and the Twelve Steps and Twelve Traditions of Alcoholics Anonymous. It is a simple, yet effective way to help us relate the Twelve Steps to everyday life and helps us find the power not to take that first drink each day.

## Book Information

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## Customer Reviews

Hazelden Meditations Hazelden Meditations is a contributor for the following Hazelden Title: *Keep It Simple*

**Introduction** *Twenty-Four Hours a Day* is intended for members of Alcoholics Anonymous as a help in their program of living one day at a time. It is designed for those who want to start each day with a

few minutes of thought, meditation, and prayer. These daily readings contain most of the material used in the booklet "For Drunks Only" and other AA literature; also some passages from "the Big Book," Alcoholics Anonymous. As a basis for the meditations in this book, the author has used many passages from the book, God Calling by Two Listeners, edited by A. J. Russell. Permission to use the universal spiritual thoughts expressed in this book, without using direct quotations, has been granted by Dodd, Mead & Co., New York City. The author hopes that these daily readings may help members of Alcoholics Anonymous to find the power they need to stay sober each twenty-four hours. If we don't take that first drink today, we'll never take it, because it's always today.

**January 1 A.A. Thought for the Day** When I came into A.A., was I a desperate person? Did I have a soul-sickness? Was I so sick of myself and my way of living that I couldn't stand looking at myself in a mirror? Was I ready for A.A.? Was I ready to try anything that would help me to get sober and to get over my soul-sickness? Should I ever forget the condition I was in?

**Meditation for the Day** In the new year, I will live one day at a time. I will make each day one of preparation for better things ahead. I will not dwell on the past or the future, only on the present. I will bury every fear of the future, all thoughts of unkindness and bitterness, all my dislikes, my resentments, my sense of failure, my disappointments in others and in myself, my gloom and my despondency. I will leave all these things buried and go forward, in this new year, into a new life.

**Prayer for the Day** I pray that God will guide me one day at a time in the new year. I pray that for each day, God will supply the wisdom and the strength that I need.

**January 2 A.A. Thought for the Day** What makes A.A. work? The first thing is to have a revulsion against myself and my way of living. Then I must admit I was helpless, that alcohol had me licked and I couldn't do anything about it. The next thing is to honestly want to quit the old life. Then I must surrender my life to a Higher Power, put my drinking problem in His hands and leave it there. After these things are done, I should attend meetings regularly for fellowship and sharing. I should also try to help other alcoholics. Am I doing these things?

**Meditation for the Day** You are so made that you can only carry the weight of twenty-four hours, no more. If you weigh yourself down with the years behind and the days ahead, your back breaks. God has promised to help with the burdens of the day only. If you are foolish enough to gather again that burden of the past and carry it, then indeed you cannot expect God to help you bear it. So forget that which lies behind you and breathe in the blessing of each new day.

**Prayer for the Day** I pray that I may realize that, for good or bad, past days have ended. I pray that I may face each new day, the coming twenty-four hours, with hope and courage.

**January 3 A.A. Thought for the Day** When I came into A.A., I learned what an alcoholic was and then I applied this knowledge to myself to see if I was an alcoholic. When I was convinced that I was an alcoholic, I admitted it openly. Since then, have I

been learning to live accordingly? Have I read the book Alcoholics Anonymous? Have I applied the knowledge gained to myself? Have I admitted openly that I am an alcoholic? Am I ready to admit it at any time when I can be of help? Meditation for the Day I will be renewed. I will be remade. In this, I need God's help. His spirit shall flow through me and, in flowing through me, it shall sweep away all the bitter past. I will take heart. The way will open for me. Each day will unfold something good, as long as I am trying to live the way I believe God wants me to live. Prayer for the Day I pray that I may be taught, just as a child would be taught. I pray that I may never question God's plans, but accept them gladly. --This text refers to the Audio CD edition.

Richmond Walker wrote one amazing book back in the early 1950s and I have to say that next to the big book and the 12 and 12, this book has been instrumental in my 22 years of sobriety. This book has been by my side the whole time. I cannot recommend it enough. I think it blows the doors off of Daily Reflections which I think was done in a very half measures way. This book is way beyond that one.

This time honored book is a reliable source of support for those in recovery. The daily messages serve to help construct a positive thought pattern as we go throughout the day. Excellent for anyone but particularly those seeking to expand their spiritual awareness. Twenty Four Hours a Day Larger Print]]]]ASIN:0894861085

As one of the many books for daily meditation available in the recovery community this is possibly my favorite. Having a thought, meditation, and prayer for each day is very helpful. Though not conference approved the book holds true to the principles and traditions of 12-step recovery, though its usefulness particularly for the meditations and prayers would apply to anyone. This pocket edition is easy to carry around or store conveniently in your preferred meditation spot. Only drawback with the pocket size is that sometimes the text is a bit on the small side, but not unreadable. Makes a great gift for people new to recovery, sponsors, or other friends in the program.

That's what this book is used for, keeping an individual focused on the 24 hours of recovery we have today. Written for people who are in recovery from Alcohol Addiction. It may be used by anyone who is addicted to drugs or alcohol.

THIS WAS A GIFT BOOK OF "24 HOURS A DAY" MEDITATIONS. IT IS AN EXCELLENT BOOK

THAT HAS BEEN AROUND SINCE THE EARLY 1950'S. IT HELPS ONE TO MEDITATE EACH DAY ON A DIFFERENT SUBJECT DESIGNED FOR 'LIFE EXPERIENCE' INSTRUCTION AND HELP TO EXPERIENCE SOME SERENITY. HAD A VERY GOOD PRICE, AND SENT THIS BOOK AHEAD OF SCHEDULE. IT WAS PACKAGED PROTECTIVELY AND ARRIVED IN EXCELLENT CONDITION. I PURCHASE MOST OF MY BOOKS FROM , RECOMMEND IT TO OTHERS, AND WILL CONTINUE TO DO SO.

I have been sober for 26 years now....one day at a time. I was given this book my first day in rehab and loved reading it daily. When my dear friend went into rehab I ordered this book for her and it quickly became a favorite of hers. This little book has great big support for anyone who has any kind of problem and needs to be reminded daily that there is hope and help.

I wouldn't want to start my day out without it. It is written for the alcoholic, but it is good for anyone who is recovering from addiction. The references to how the AA program works are always timely and a good way to focus on how you need to grow as you learn a new way to cope with life as you put down your addiction. Then they have a paragraph about how to keep connected to God throughout your day. I don't know how they do it but they seemed to always have significance for the day I am about to begin. It only takes a couple minutes to read but the ideas stay with you. I have read it from the beginning and I am looking forward to starting it again in Jan.

I purchased my hardback cover of this book in 1985 and have used it daily since then. Since I have gotten older, the print seems to have shrunk, so being able to get it on my Kindle was a great find.... I can see it again without struggling to read it. Update: the larger print hard cover book is much larger than expected but I CAN read it and that's the most important.

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