

## Touchstones A Book Of Daily Meditations For Men

Touchstone Level 1 Student's Book A1215Rediscovering LifeDueling with KingsWhat Jane Austen Ate and Charles Dickens KnewHelp for HelpersThe Daily Show(The AudioBook)Today's GiftYour Daily RockUnderstanding Your GriefTwenty-Four Hours a DayThe Little Red BookTouchstonesThe 12 Touchstones of Good TeachingThe Book WhispererEach Day a New BeginningTouchstone Level 3 Video Resource BookThe Grieving ChildClassic CrewsDaily ReflectionsFirst Things First Every DayThe Language of Letting GoBelieving In MyselfDays of Healing, Days of JoyThe Promise of a New DayCornerstonesThe ManualTouchstone Level 2 Student's BookHealing After LossKeep It SimpleAnswers in the HeartDrop the Rock--The Ripple EffectThe One Year Daily Moments of StrengthTouchstonesWhy Nothing WorksMorning LightLiterally MeLive from the BattlefieldA Restful MindIn God's Care

### Touchstone Level 1 Student's Book A

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

### 1215

True, lasting recovery requires us to create and maintain inner peace. For many, it springs from a practice of mindfulness, for others from the rituals of religion. But not everyone finds a connection with a Higher Power in those ways. Through daily reflection and meditation, In God's Care gifts a healing inspiration to our spirit. Steadily, we find spiritual growth. Recovery is an act of faith. An addict is promised healing and self-development through the rigors of counseling, treatment, therapy, and a Twelve Step program. With motivational guidance, addictive behaviors are abandoned, coping skills are learned, and sobriety is lasting. The cycle of addiction is broken by trusting in the process. This is the power of faith: a new way of life. Co-author Karen Casey, who wrote the bestselling recovery classic Each Day a New Beginning, harnesses this power to transform life's struggles into a devotional outlook. These heartfelt meditations encourage the optimism needed for continuous change. It doesn't matter what we call the goodness we wish to be and see—God or otherwise. It only matters that we hold it in our hearts and affairs as we create a new life. That is the truest definition of a Higher Power.

### Rediscovering Life

Written by addiction treatment center staff members from across the country, these daily meditations encourage, comfort, and challenge helpers to understand others and themselves. Written by addiction treatment center staff members from across the country, these daily meditations encourage, comfort, and challenge helpers to understand others and themselves.

### Dueling with Kings

Making a Child's World Whole Again Explaining death to a child is one of the most difficult tasks a parent or other relative can face. The Grieving Child offers practical, compassionate advice for helping a child cope with the death of a parent or other loved one. Parents of children from preschool age to the teen years will find much-needed guidance, covering:

- Helping a child visit the seriously ill or dying
- Using language appropriate to a child's age level
- Selecting useful books about death
- Handling especially difficult situations, including murder and suicide
- Deciding whether a child should attend a funeral

With a new chapter devoted to the special issues of the bereaved toddler, The Grieving Child provides invaluable suggestions for dealing with a child's emotional responses (including anger, guilt, and depression) and helping a child adjust to a new life.

## **What Jane Austen Ate and Charles Dickens Knew**

2011 Reprint of 1954 Edition. Richard Walker, the author of this work, is the second most popular Twelve Step recovery author in total sales, after Bill Wilson. Walker has helped untold numbers of alcoholics through his writings. "Twenty-Four Hours a Day" is a book of meditation, thought, and prayer that is soul inspiring, spiritually uplifting, and filled with sage words of wisdom. While geared toward members of Alcoholics Anonymous to help them in their daily program of recovery, the book has much to offer any individual who is working on self-improvement and personal growth, and who is searching for spiritual uplifting and guidance. The book is divided into the 365 days of the calendar year, offering a thought, meditation, and related short prayer on each day. Much of the material is based on the Big Book and other A.A. literature. A classic work.

## **Help for Helpers**

"Julie Houts has cultivated a devoted following as "Instagram's favourite illustrator" (Vogue) by lampooning the conflicting messages and images women consume and share with the world every day. A collection of darkly comic illustrated essays, Literally Me chronicles the daily exploits of "slightly antisocial heroines" (Refinery29) in vivid, excruciatingly funny detail, including: -The beauty routine of a deranged bride who aspires to be "truly without flaws" on her wedding day -What happens when Kylie Jenner has an existential crisis and can no longer "step out" -A journey to Coachella by the Four Horsewomen of the Apocalypse -The true dating confessions of a fembot -The terrifying description for Alice Staunch's book How to be the Perfect Feminist -The diary of Fiddle Ficus, a tree that lives inside a CÉLINE store, and much more. Literally Me marks the launch of a brilliant new social satirist. Julie's singular voice and beautiful illustrations reveal the truth about the absurdity of life in the social media age: the line between becoming a total `Girlboss' and a 21st-century American Psycho is razor-thin."--Dust jacket.

## **The Daily Show(The AudioBook)**

In the quest for sustained sobriety and self-development, we must look outside of ourselves to discover our inner truths. Whether we are facing dependency or parenthood, marriage or meditation, everyone needs a guide to embolden their coping skills and settle in to a better, more balanced life. Touchstones has strengthened millions of recoveries for more than thirty years. Offering suggestions for deepening integrity, spirituality, and intimacy—a recovering man's trinity—it helps men transform addictive behaviors and thinking into an empowered manhood. This engaging self-help book, designed specifically for men, explores masculinity

through informative, inspirational meditations. Touchstones offers profound advice for life's many changes and emphasizes the importance of recognizing the effects of common emotions such as anger, resentment, and fear. Its striking insight supports any stage of recovery, but the daily readings in this book are not simply for a better recovery; they are for a better, more balanced life. Continued awareness and involvement with these ideas provide ongoing personal growth. Although this growth is entirely our own, its benefits will be shared. Newfound mental health and wellness will spread infectiously to every relationship, with friends and family alike. Here, every manly struggle meets an insight. The cycle of addiction meets its end.

### **Today's Gift**

Individuals coping with one of a range of mental health disorders. Psychotherapists, psychiatrists, private practice professionals looking for tools for clients. Clergy and religious leaders.

### **Your Daily Rock**

Includes two of Crews' full-length novels, *The Gypsy's Curse* and *Car*, his autobiography, and three of his essays.

### **Understanding Your Grief**

A "delightful reader's companion" (The New York Times) to the great nineteenth-century British novels of Austen, Dickens, Trollope, the Brontës, and more, this lively guide clarifies the sometimes bizarre maze of rules and customs that governed life in Victorian England. For anyone who has ever wondered whether a duke outranked an earl, when to yell "Tally Ho!" at a fox hunt, or how one landed in "debtor's prison," this book serves as an indispensable historical and literary resource. Author Daniel Pool provides countless intriguing details (did you know that the "plums" in Christmas plum pudding were actually raisins?) on the Church of England, sex, Parliament, dinner parties, country house visiting, and a host of other aspects of nineteenth-century English life—both "upstairs" and "downstairs. An illuminating glossary gives at a glance the meaning and significance of terms ranging from "ague" to "wainscoting," the specifics of the currency system, and a lively host of other details and curiosities of the day.

### **Twenty-Four Hours a Day**

Following in the tradition of her bestselling *LIFE IS A VERB* -- a guide to living life more consciously -- Patti Digh returns with this deceptively simple gathering of touchstones, *Your Daily Rock*. With her signature gift of presenting truths in concise heartspeak, she provides short meditations to ground each day in more mindful and intentional living. The three hundred and sixty-six reflections (one for each date, including February 29th), lead readers to open space in their lives in order to love well, live fully, let go deeply, and make a difference. The visual impact of a physical rock brings home the metaphor that these words are something for people to carry around with them throughout their overscheduled day. Christian publishers have long known success with religious daily devotionals. This new book will appeal both to the general, non-religious audience as well as those who understand the strength of a daily practice.

### **The Little Red Book**

The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers—including Samantha Bee, Stephen Colbert, John Oliver, Steve Carell, Lewis Black, Jessica Williams, John Hodgman, and Larry Wilmore—plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program hosted by Craig Kilborn to Jon Stewart's long reign to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics—a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, Jon Stewart's emotional monologue in the wake of 9/11, his infamous confrontation on Crossfire, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, the Indecisions, Mess O'Potamia, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

### **Touchstones**

Designed as an aid for the study of the book, Alcoholics Anonymous, The Little Red Book contains many helpful topics for discussion meetings. This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsor; provides in-depth discussions of each of the Twelve Steps and related character defects; poses common questions about AA and helping others, identifying where to find answers in the Big Book; features non-sexist language.

### **The 12 Touchstones of Good Teaching**

Explaining the important difference between grief and mourning, this book explores every mourner's need to acknowledge death and embrace the pain of loss. Also explored are the many factors that make each person's grief unique and the many normal thoughts and feelings mourners might have. Questions of spirituality and religion are addressed as well. The rights of mourners to be compassionate with themselves, to lean on others for help, and to trust in their ability to heal are upheld. Journaling sections encourage mourners to articulate their unique thoughts and feelings.

### **The Book Whisperer**

### **Each Day a New Beginning**

"If it is beyond your power to control, let it go." "Do not wish that all things will go well with you, but that you will go well with all things." "In this way, you will overcome life's challenges, rather than be overcome by them." Epictetus (c. AD 50-135) was a former Roman slave who became a great teacher, deeply influencing the future emperor Marcus Aurelius among many others. His philosophy, Stoicism, was practical, not theoretical--aimed at relieving human suffering here and now. Epictetus knew suffering--besides being enslaved, he was lame in one leg and walked with a crutch. The Manual is a collection of Epictetus' essential teachings and pithy sayings, compiled by one of his students. It is the most accessible and actionable guide to Stoic philosophy, as relevant today as it was in the Roman Empire. This new edition, published by Ancient Renewal, is rendered in contemporary English by Sam Torode.

### **Touchstone Level 3 Video Resource Book**

This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

### **The Grieving Child**

With millions of copies sold, these inspirational daily meditations speak to the common experiences, shared struggles, and unique strengths of women in recovery from all addictions. Discover why Each Day a New Beginning has become a classic for recovering women everywhere. Beloved author Karen Casey shares wisdom on spirituality, acceptance, self-esteem, relationships, perfectionism, the importance of connecting with other women, and many other topics essential for continued sobriety and personal growth. These daily meditations begin with quotations from exceptional and diverse women from around the world and end with actionable affirmations for the twenty-four hours ahead. In this perfect companion for AA, NA, and other Twelve Step programs, all recovering women will find messages that inspire them to live their best lives.

### **Classic Crews**

"Hilarious behind-the-scenes look at the characters, compulsions, and chaos inside the fantasy sports gold rush." --Jason Gay, author of Little Victories As Bringing Down the House did for card counters and Positively Fifth Street did for poker players, Daniel Barbarisi does for Daily Fantasy Sports fans in this leap down the rabbit hole of America's latest obsession. Daniel Barbarisi quits his job as the New York Yankees beat writer for The Wall Street Journal and begins a quest: to join the top one percent of Daily Fantasy Sports ("DFS") players, the so-called "sharks," and figure out whether DFS is on the level--while maybe cashing in along the way. DFS is fantasy sports on steroids. It's the domain of bitter rivals FanDuel and DraftKings, online juggernauts who turned a legal loophole into a billion-dollar industry by allowing sports

fans bet piles of cash constructing fantasy teams. Yet as Barbarisi quickly realized, what should have been a fun companion to casual sports viewing was instead a ferocious environment infested with sharks, a top tier of pros wielding complex algorithms, drafting hundreds of lineups, and wagering six figures daily as they bludgeon unsuspecting amateur "fish." Barbarisi embeds himself inside the world of DFS, befriending and joining its rogue's gallery as he tries to beat them at their own game. In a work equal parts adventure and rigorously reported investigation, Barbarisi wades into this chaotic industry at the very moment its existence is threatened by lawmakers sick of its Wild West atmosphere and pushy advertising. All their money made FanDuel and DraftKings seem invincible; but, as Barbarisi reports, they made plenty of dubious—perhaps even scandalous—moves as they vied for market supremacy. In *Dueling with Kings*, Barbarisi uncovers the tumultuous inside story of DFS, all while capturing its peculiar cast of characters, from wide-eyed newly minted millionaires, to sun-starved math geeks, to bros living an endless frat party of keggers and Playboy Bunnies. Can he outwit them all and make it to the top?

### **Daily Reflections**

Today, spend time with God that will fill your spirit with strength. The One Year Daily Moments of Strength will help you experience a deeper and more powerful connection with the Lord each day. Complete with Bible verses, helpful explanations, and practical applications, these short daily devotions, covering a variety of everyday issues, will help strengthen your commitment to faith and your walk with God. Through showing up to meet with God every day, you'll be inspired to go deeper with him all year long. "Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." (Isaiah 40:31)

### **First Things First Every Day**

"Touchstone is an innovative four-level series for adults and young adults, taking students from beginning to intermediate levels (CEFR: A1-B2). Based on research into the Cambridge English Corpus, Touchstone teaches English as it is really used. It presents natural language in authentic contexts, and explicitly develops conversation strategies so learners speak with fluency and confidence."--Page 4 of cover.

### **The Language of Letting Go**

Donalyn Miller says she has yet to meet a child she couldn't turn into a reader. No matter how far behind Miller's students might be when they reach her 6th grade classroom, they end up reading an average of 40 to 50 books a year. Miller's unconventional approach dispenses with drills and worksheets that make reading a chore. Instead, she helps students navigate the world of literature and gives them time to read books they pick out themselves. Her love of books and teaching is both infectious and inspiring. The book includes a dynamite list of recommended "kid lit" that helps parents and teachers find the books that students really like to read.

### **Believing In Myself**

Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and

resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps, providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, *Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

### **Days of Healing, Days of Joy**

For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

### **The Promise of a New Day**

Shares a new way to look at the world and God, by being aware of the circuitous and habitual nature of thought, allowing readers to find hope and release feelings of isolation, anger, depression, and sadness.

### **Cornerstones**

Documenting a distinguished and dangerous career in the hot spots of the world, the renowned reporter of the Vietnam War recounts the drama and danger of a life spent in the front lines of battle. Reprint. 50,000 first printing.

### **The Manual**

Checklists help us work better. They help us manage complex tasks more effectively and ensure we apply what we know correctly and consistently. They've become indispensable for airline pilots and doctors, but can this low-tech approach to planning and problem solving demand a place in the teacher's toolkit? Teaching is complicated, with challenging decisions and important consequences, but it's in the most complex situations that a straightforward checklist can be the most useful. Goodwin and Hubbell present 12 daily touchstones--simple and specific things any teacher can do every day--to keep classroom practice focused on the hallmarks of effective instruction and in line with three essential imperatives for teaching: \* Be demanding: Align teaching with high expectations for learning. \* Be supportive: Provide a nurturing learning environment. \* Be intentional: Know why you're doing what you're doing. If there were one thing you could do each day to help one student succeed, you'd do it, wouldn't you? What about three things to help three students? What if there were 12 things you could do every day to help all of your students succeed? There are, and you'll find them here.

## **Touchstone Level 2 Student's Book**

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

## **Healing After Loss**

Intended to nurture self-esteem and strengthen family relationships, these meditations help families explore harmony, sharing, individuality, trust, privacy, and tolerance. Each family member is both an individual and a part of a larger unit. The tensions and joys that can help a family care for all its members are explored in these 366 meditations that nurture family esteem and strengthen family bonds. These meditations help us consider topics like harmony, sharing, individuality, trust, privacy, and tolerance. The readings in Today's Gift nurture self-esteem by encouraging discussion, self-expression, and respect. Insightful, challenging, and caring quotations--from ancient proverbs, nursery rhymes and cartoon characters, and from figures such as William Blake, Anne Frank, Tillie Olsen, Albert Einstein, Erma Bombeck, M. Scott Peck, and many more--are accompanied by a thoughtful reflection and an inspiring affirmation. This is the book from which thousands enjoy a Thought for the Day each day on Hazelden's homepage.

## **Keep It Simple**

A book of fresh meditations, Morning Light offers beautifully written bursts of inspiration to help you begin each day with renewed self-confidence and serenity. A book of fresh meditations, Morning Light offers beautifully written bursts of inspiration to help you begin each day with renewed self-confidence and serenity. Amy Dean brings the comfort and courage offered in her top-selling mediation book Night Light to this companion for the morning hours, helping devoted fans and new readers start their day on a bright and positive note. Written in her signature personable style, these sensitively chosen quotations, inspiring reflections, and simple prayers work together to make each day of the year one to look forward to.

## **Answers in the Heart**

We all need tools to help us fully embrace the new way of life made possible through recovery. Truly break the addiction cycle by uncovering the reasons for former dependencies and behaviors, discovering new perspectives, reshaping your sense of masculinity, and building the coping skills that support real physical and emotional sobriety. Cornerstones provide the foundation for growth and strength. This collection of daily readings was designed specifically for men who are new to recovery or are working to move beyond the internal roadblocks that prevent true personal evolution in recovery. Overall health and wellness are supported by the author's artful exploration of the common aspects and archetypes of masculinity we encounter in our lives. Complementary to working a Twelve Step program or other recovery approaches, this latest addition to Hazelden's incomparable series of daily meditation books fosters reflection, motivation, change, mindfulness, personal growth, and new definitions of manhood.

Offering guidance, inspiration, spirituality, affirmation, and new definitions of manhood upon which to build a new life free from substance use and process or other addictions, each meditation in this collection was crafted to support your journey of recovery to become your best possible self.

### **Drop the Rock--The Ripple Effect**

Combines time management principles with methods for overcoming bad habits in a day-by-day format

### **The One Year Daily Moments of Strength**

From cults to crime to porno parlors—this book is about a lot of things that are new and strange in America today. This book is about cults, crime, and shoddy goods, and the shrinking dollar. It's about porno parlors, and sex shops, and men kissing in the streets. It's about daughters shaking up, women on the rampage, marriages postponed, divorces on the rise, and no one having kids. It's about old ladies getting mugged and raped, people shoved in front of trains, and shoot-outs at gas pumps. And letters that take weeks to get delivered, waiters who throw food at you, rude sales help, and computers that bill you for things you never bought. It's about broken benches, waterless fountains, cracked windows, dirty toilets, crater-filled roads, graffiti-covered buildings, slashed paintings, toppled statues, stolen books. It's about shoelaces that break in a week, bulbs that keep burning out, pens that won't write, cars that rust, stamps that don't stick, stitches that don't hold, buttons that pop off, zippers that jam, planes that lose their engines, reactors that leak, dams that burst, roofs that collapse. It's about astrologers, shamans, exorcists, witches, and angels in space suits. It's about a lot of other things that are new and strange in America today. —from the Introduction

### **Touchstones**

With more than 300,000 copies sold, this acclaimed book of meditations is the perfect companion for anyone looking to add a moment of peace and self-reflection to their days. Some of us are recovering from addiction, trauma, codependency, or a mental health disorder. Others of us are simply looking to slow down our hectic lives and focus on personal growth and self-care. No matter what our reason for seeking wisdom and inspiration, a daily meditation practice can be an invaluable tool for our journey. This collection of engaging, healing, and practical meditations by trusted recovery authors Karen Casey and Martha Vanceburg reminds us that each day is an opportunity to be fully present and live our best lives. Complete with inspiring quotations from diverse voices and daily lessons on replacing shame and fear with hope and self-love, *The Promise of a New Day* is the perfect meaningful gift for a loved one or ourselves.

### **Why Nothing Works**

Children of alcoholic or addicted parents may be stripped of hope, courage, and self-esteem. The dysfunctional family is fueled by shame and chaos, stunting children's relationships and self-acceptance. Adult children of alcoholics and addicts need encouragement to overcome these childhood deprivations. *Days of Healing, Days of Joy* models a program of serenity, spirituality, and acceptance through its meditations. "Children of alcoholics are set up for their struggles. You are not sick. You got set up." —Dr. Jan Woititz *Alcoholic or addicted parents*

may become focused on their compulsion while their children fend for themselves in a dysfunctional household. Without helpful and informative parental guidance, children manage their own personal growth, and their spiritual and emotional health suffers. Children parent themselves, and their innocence dies. Parents with addiction may not have demonstrated healthy connection and love to their children. Adult children of addicts or alcoholics are often shadowed by this disconnect; codependency, self-judgment, and overzealous loyalty darken their doorway. Fortunately, healing and recovery are within reach. In *Days of Healing, Days of Joy*, Earnie Larsen and Carol Larsen Hegarty share the reflective and peaceful insight needed for growing up again—this time with plenty of love and patience.

### **Morning Light**

This uplifting daily meditation book by bestselling recovery authors Earnie Larsen and Carol Hegarty tackles the fundamental issue of self-esteem head-on. Presents a meditation for every day of the year, complete with an inspirational quote and thought for the day--all written in a conversational, down-to-earth tone.

### **Literally Me**

A dependable companion for people in all stages of recovery, *Keep It Simple's* meditations bring you back to the basics of living a Twelve Step program. The recovery wisdom in each thought for the day works as an engaging reminder to show up for yourself, your program, and your overall wellness every day. As you go through your journey of recovery with the Steps as your guideposts, these inspirational daily meditations give your spirit a feeling of regular renewal, fellowship, and new beginnings. Each page serves as your cornerstone for a new life, helping you cultivate true health, personal growth, and transformation—in a way that complements the life-changing guidance of Alcoholics Anonymous, Narcotics Anonymous, and other programs. By providing a year's worth of encouragement, reflection, and prayer, *Keep It Simple* becomes the sustaining daily dose of support and strength you can always count on. Cherished by millions for decades, this recovery classic is an expansive collection of insight and guidance. Weaving together traditional teachings and diverse voices, it's your daily invitation to a practice of mindfulness, therapeutic healing, and overcoming addiction.

### **Live from the Battlefield**

A portrait of everyday life in thirteenth-century Britain chronicles the people and events leading up to the signing of the Magna Carta at Runnymede in June 1215.

### **A Restful Mind**

### **In God's Care**

"Don't let life discourage you; everyone who got where he is had to begin where he was."-R.L. Evans "One cannot always be a hero, but one can always be a man" Johann Wolfgang von Goethe tells us, but sometimes simply being a man can be a mighty struggle. Take heart from this companionable book of daily meditations, a year's worth of friendly words to cheer you on your way. Speaking straight to men who are striving for serenity or trying to maintain emotionally and spiritually balanced lives, these daily touchstones begin with quotations from

sources as varied as William Shakespeare, Wendell Berry, Michael Spinks, and Woody Allen and conclude with affirmations that underscore the lessons of intimacy, integrity and spirituality. They explore the masculine role of lover or spouse, father or friend and, like a helping hand extended, ease the daily strain of making a man's way.

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