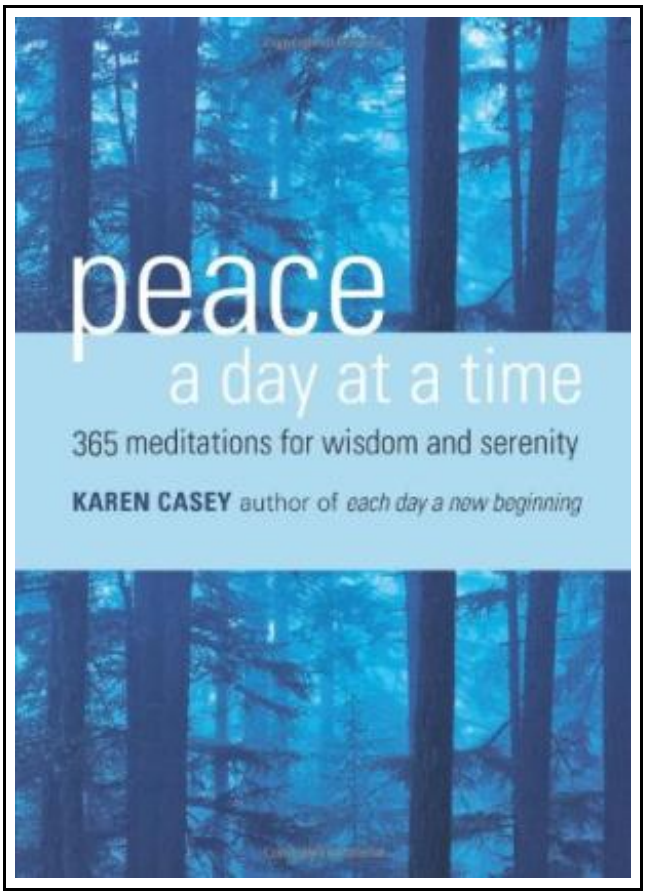
Peace a Day at a Time: 365 Meditations for Wisdom and Serenity



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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 a popular workshop leader and speaker, whose groundbreaking Each Day a New Beginning, a 365-day meditation book, has sold more than 2 million copies.

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