



Living the Promises: Coming to Life on the Road to Recovery

Jenifer Madson

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Living the Promises is a personal, warm 365 reader includes quotes and exhortations, celebrations and lists of gratitude's, and all manner of real-life inspirations. Each month begins with a promise and each day explores that promise.

Jenifer Madson shares her ongoing story of recovery: what it was like, what happened, and what it is like now, not with "drunkalogues," but with stories and sayings and strategies that will help you or someone you know get sober, stay sober, and live a life of joy.

Living the Promises is the first meditation book to be based specifically on the 12 promises of the Big Book of Alcoholics Anonymous, and is the perfect daily guide for anyone in recovery seeking peace and healing. Among those promises are:

"We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. Our whole attitude and outlook upon life will change."--From *The Promises, Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*, 3rd ed.

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Joyce Johnson:

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A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a reserve. The book Living the Promises: Coming to Life on the Road to Recovery it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. Should you did not have enough space to deliver this book you can buy the e-book. You can m0ore easily to read this book out of your smart phone. The price is not too costly but this book possesses high quality.

Laura Thibodeau:

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