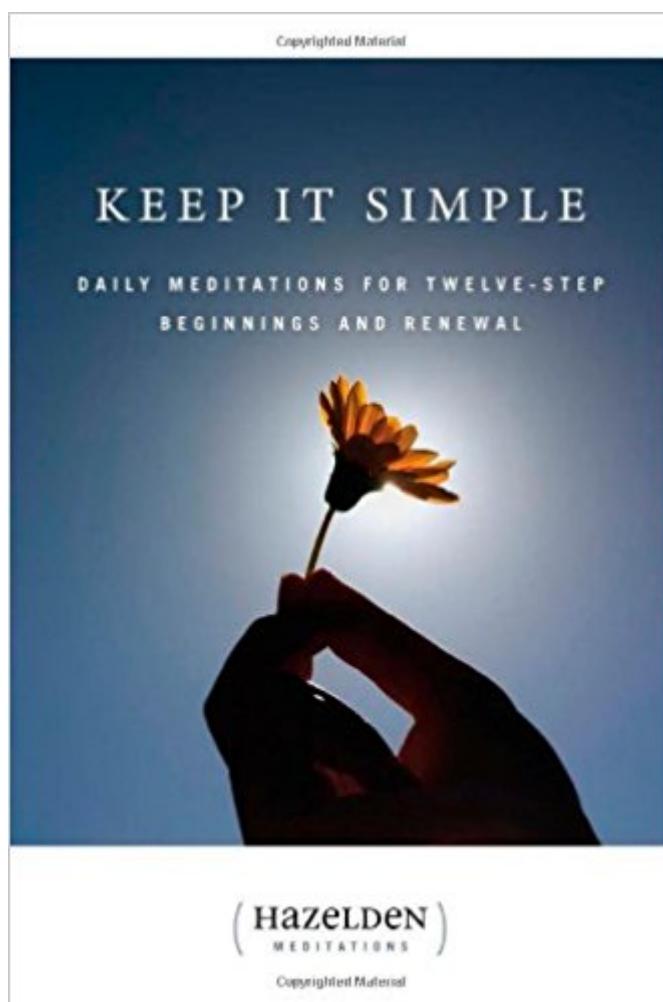


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# Keep It Simple: Daily Meditations For Twelve-Step Beginnings And Renewal (Hazelden Meditation Series)



## **Synopsis**

The meditations in *Keep It Simple* focus on the Twelve Steps, stressing the importance of putting into practice new beliefs, slogans, and fellowship. There is no end to new beginnings. If you have just set out on the journey of recovery with the Twelve Steps as your guideposts, or if you are beginning again with renewed spirit, these daily meditations will help you along your way, illuminating at every turn the simple beauty of the cornerstone concepts of recovery. By providing a year's worth of encouragement, reflection, and prayer, *Keep It Simple* gently integrates recovery wisdom into your everyday life with 366 simple action-for-the-day reminders. Like all the Hazelden meditation favorites, *Keep It Simple* is a dependable companion, extending a helping hand to those who seek a daily dose of strength, support, and guidance.

## **Book Information**

Series: Hazelden Meditation Series

Paperback: 416 pages

Publisher: Hazelden Publishing; Reissue edition (October 1, 1989)

Language: English

ISBN-10: 0894866257

ISBN-13: 978-0894866258

Product Dimensions: 4 x 0.8 x 6 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 122 customer reviews

Best Sellers Rank: #33,528 in Books (See Top 100 in Books) #49 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #124 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #227 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## **Customer Reviews**

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

*Keep It Simple Daily Meditations for Twelve Step Beginnings and Renewal* Introduction We, the authors of this book, believe a recovery program should be made up of meditation, prayer, and action. This book will try to help readers in each of these areas. On each page you'll find three sections. The first section will be a quote followed by a few paragraphs on the spiritual message we

have found within the quote. We suggest reading the quote and our thoughts on it; then take a few minutes and reflect on your own spiritual journey. How does this quote and our thoughts on the quote speak to your recovery program? Is your program where you want it to be? If so, take pride. If not, think about which of the Twelve Steps you need to work, and what action needs to be taken. We are firm believers that the Steps plus action will solve most problems. Next on the page, you'll find a Prayer for the Day. We see prayer as an important action. Prayer is an act of reaching outside of yourself. Prayer is an act of asking for help in the task of being human. We suggest reading the Prayer for the Day, and if it fits for you, repeat it throughout the day. If it doesn't, take a few moments and come up with a personal prayer that fits for you. If none comes to mind, use the prayer suggested in Step Eleven, "Thy will be done." Remember, each day we are to turn our self-will over to our Higher Power. In doing so, we get the serenity the program promises. Finally, you'll find a section named Action for the Day. Our illness was fed by a set of actions. Harmful, destructive actions. A recovery program is also about action. Daily spiritual action. Spiritual action helps us feel better about ourselves and safer in the world. In this section, you'll be asked to take action that is, we hope, made to strengthen your program. Again, if the action fits, do it. If not, think of one that fits for you. Also in this book, you'll see that we use words like addict and addiction. As time changes, so does language. When we use these terms, we are speaking to both the alcoholic and the drug dependent person. We see no difference between the two. We believe both suffer from the same deadly disease. We ask you to see yourself in the pages, and not in any one word. Recovery is a process of finding balance between mind, body, and soul. Hopefully, this book will help you find or strengthen this balance. We thank you for letting us share a part of our spiritual journey with you. We wish you well on your spiritual journey. May you and your Higher Power have a wonderful relationship! The Authors January 1 We admitted we were powerless over alcohol . . .

•From Step One of Alcoholics Anonymous In Step One, we accept our powerlessness over alcohol and other drugs. But we are powerless over many parts of life. We are powerless over other people. We are powerless over what our Higher Power has planned for us.|Before recovery, we only believed in control. We tried to control everything. We fought against a basic truth, the truth that we are powerless over much of life. When we accept this truth, we begin to see what power we do have. We have the power to make choices. When we're lonely, we have the power to reach out to others. We have the power to be honest or to lie. We have power over how we live our own lives. Prayer for the Day Higher Power, help me to know that it's You who is running my life. Help me to know that power comes from accepting I am powerless. Action for the Day I am powerless over much of life. Today I'll look to see how this is true. I'll look to see what I really have control over and what I don't.

January 2. . . our lives had become unmanageable. •Second half of Step One The First Step tells us a lot about addiction. We were out of control. Our addiction was in control. Addiction managed everything. It managed our relationships. It managed how we behaved with our families. As Step One says, ". . . our lives had become unmanageable." But we pretended we managed our lives. What a lie! Addiction ran our lives •not us. We weren't honest with ourselves. Our program heals us through self-honesty. We feel better just speaking the truth. We are becoming good people with spiritual values. Our spiritual journey has begun. Prayer for the DayHigher Power, I give You my life to manage. When I'm faced with a choice, I'll ask myself, "What would my Higher Power choose for me?" Action for the DayToday, I'll be honest with a friend about how unmanageable my life had become. January 3 Never play leapfrog with a unicorn. •Unknown As we work Step One, we accept that alcohol and other drugs are poison to us. We accept our limits. This means we know that hanging around our drinking or using "buddies" can remind us of "the good old days." Hanging around "slippery places" means we could "slip" back into our old ways. This isn't testing our sobriety; it's being reckless with it. So, let's accept our limits. Everybody has limits. When we know our limits, we protect our recovery against the people and places that pull us from our spiritual center. This is what true acceptance means. Prayer for the DayI pray for true acceptance. Higher Power, help me to stay away from slippery places. I will protect the gift You've given me. Action for the DayToday, I'll list the people and places that are risky for me to be around. I will share this list with my sponsor, my group, and my sober friends.

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These Daily meditations have been a companion for years. Christian-based, they nonetheless offer a universal, simple focus for the day. I've used these little meditations for years, in my own life and in training programs for people in recovery and/or working with those seeking serenity in their lives.

Keep It Simple is indeed simple to use and apply to daily living The format is familiar to many: a quote of the day, often from the Big Book, followed by a meditation, prayer, and lastly an application or action step to carry into and through the day. On my Kindle, Keep it Simple does indeed make it simple to follow my program daily!

As a counselor working in an inpatient detox facility, I find this book invaluable. It's short but poignant readings make it the perfect way to start a group conversation. It really gives the clients something to reflect upon. I highly recommend this book to anyone who needs a little motivational boost in their day.

love this little book. helps me through the day, every day!!! something to think about each day and get my day started

I would recommend "Keep it Simple" for anyone that may want a clear and understandable interpretation of the 12 step program. If anybody follows the books ethics, you will become an asset to yourself and everybody else.

Received Book Just As Pictured And Described! Looking Forward To Using On My Journey To Recovery :-)

This book really helps me and some of my closest friends. It reminds you that you have to take things one day at a time and how important it is to work on the small/simple things first and not to try to take on the whole world at once.

I bought this for a loved one.I have been sober for 32 years now and still love this book.Iwould recommend for all who need some peace of mind.

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