

NIGHT LIGHT

A BOOK OF NIGHTTIME MEDITATIONS

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MEDITATIONS

Night Light A Book Of Nighttime Meditations Hazelden Meditation Series

Liane Cordes



Night Light A Book Of Nighttime Meditations Hazelden Meditation Series:

Night Light Amy E Dean,2010-09-08 Night Light s quotations reflections and simple prayers ease the loneliness fear and anxiety that can burden our nights so we can wake up and meet each new day refreshed and inspired Remember how comforting it felt as a child to fall asleep with a night light glowing in the dark Our Night Light is a collection of meditations that helps us remember how our Higher Power is like a comforting ever present light in our lives These nightly readings can help us learn to trust the spiritual light within us for strength comfort and guidance **Night Light** Amy E. Dean,Hazelden Publishing Staff,1989 *Night Light* Elizabeth Dean,1992 **Night Light** Amy Elizabeth Dean,1986-09-01 **Walking Toward Wellness** Sharon O'Shea,2013-06-10 Walking Toward Wellness is a 21 week program that offers the reader information for increasing her physical mental emotional and spiritual well being The reader is also introduced to a variety of alternative healing and wellness options Over all wellness is a progressive on going process Daily consciously or unconsciously we make decisions and choices and we set priorities that impact our well being Today choose to walk toward wellness *Spirituality and Chemical Dependency* Robert J Kus,2014-01-02 Spirituality and Chemical Dependency shares current thinking on how spirituality is used in recovery from alcoholism and other forms of chemical dependency The 12 Step programs have been the most successful form of treatment thus far you will find the insight in this book to be revealing as to why Each of the contributors has devoted a significant part of his or her life to help those suffering from chemical addiction In each chapter the author gives ideas on specific aspects of spirituality in the 12 Step context and answers the ever important question So what to provide guidelines for healthy spirituality in the addicted person **The Reflecting Pond** Liane Cordes,1981 The Reflecting Pond is a collection of meditations that takes one subject at a time and covers it in depth Whether we have a concern about self acceptance fear friendship or love there is a chapter full of understanding thoughts Used as an extra dose of support on specific issues this book will help us think through day to day living problems An excellent resource for those in aftercare programs *The Love-powered Diet* Victoria Moran,1992 This twelve step approach to Vegan dieting is a method of weight reduction and spiritual growth **The Love Book** Karen Casey,1986-03 **The Publishers Weekly** ,1986 *When a Bough Breaks* Mary Ylvisaker Nilsen,1987 *Young, Sober & Free* ,1987 **Publishers Weekly** ,1986 *Look to this Day* ,1988 Inspiring thoughts for every day of the year provide guidance to readers who are making the spiritual journey to recovery or seeking peace and contentment in daily living Subject Guide to Books in Print ,1975 **Promise of a New Day/Night Light** Mjf Books,Karen Casey,Amy E. Dean,Martha Vanceburg,1998-05 Books in Series, 1876-1949 R.R. Bowker Company,1982 God Grant Me Anonymous,2009-06-03 Speaking thoughtfully to those recovering from substance abuse and addiction God Grant Me offers a daily dose of strength and wisdom with each of its meditations The journey of recovery is inspired by insight prayer and continuous renewal After years of reflection on the themes they presented in their first collection of readings with this follow up the authors of the

bestselling meditation book *Keep It Simple* build upon incorporating Twelve Step practices into their daily lives These readings present the recovery wisdom of Alcoholics Anonymous Narcotics Anonymous and other Twelve Step programs supporting readers in the process of developing a regular therapeutic practice of mindfulness community and inspiration Overcoming addiction requires connecting with the things that define a life of health and wellness introspection spirituality daily support and fellowship *God Grant Me* is a dependable companion that gives guidance and inspiration for new beginnings and a sustained sober life Night Light Elizabeth Dean,1992 *Feminist Bookstore News* ,1995

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