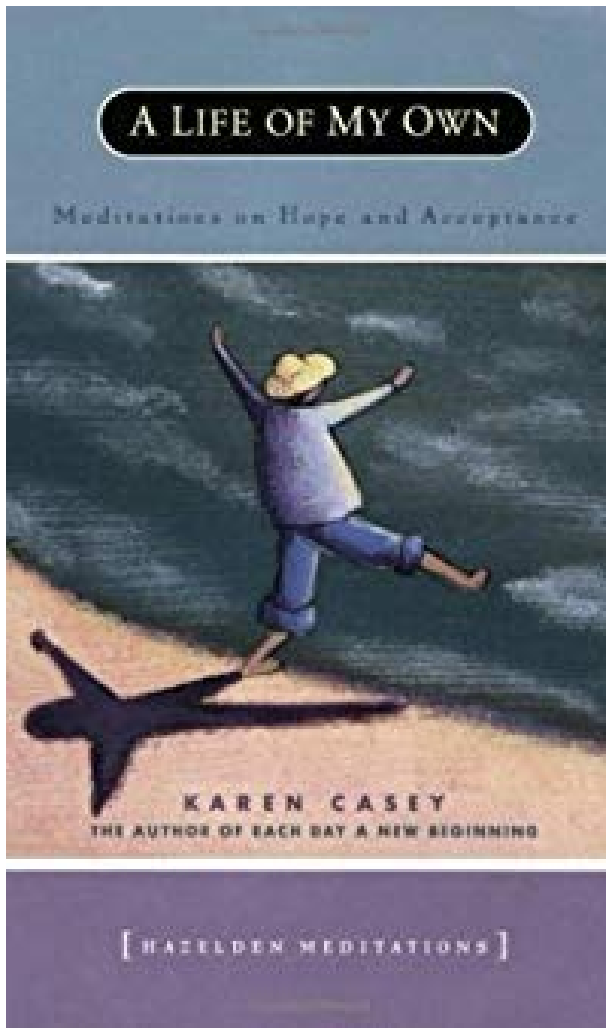


# A Life of My Own: Meditations on Hope and Acceptance



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<b>Genre:</b>	Uncategorized
<b>ISBN13:</b>	9780894868634
<b>Goodreads Rating:</b>	4.56
<b>Published:</b>	April 1st 1993 by Hazelden Publishing
<b>Language</b>	English
<b>Pages:</b>	400
<b>ISBN10:</b>	0894868632

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A Life of My Own offers direct and affirming meditations for daily access to strength, serenity, and insight in our relationships with chemically dependent people. A Life of My Own-- direct and affirming meditations offer daily access to strength, serenity, and insight in our relationships with chemically dependent people. Written with a broad-based spirituality and straight-forward style by the author of the classic Each Day a New Beginning, these reflections gently guide friends and family working programs like Al-Anon, Nar-Anon, and Coc-Anon to a better sense of themselves, Twelve Step principles, and what it means to joyfully live a life of one's own.