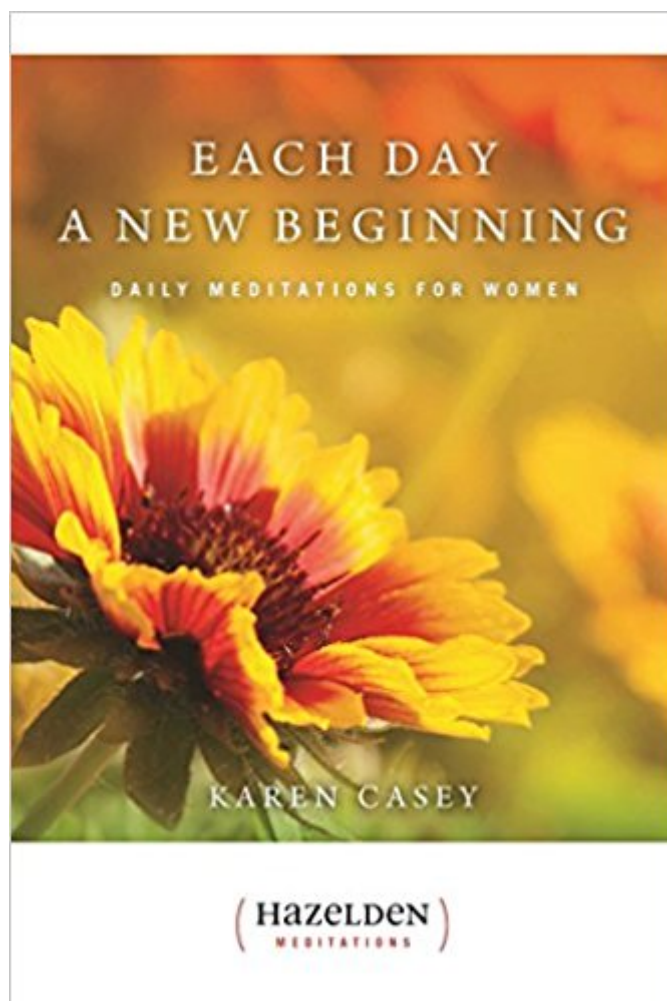




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Each Day A New Beginning: Daily Meditations For Women



Synopsis

These meditations, one for each day of the year, speak to the common experience, shared struggles, and unique strengths of a woman, especially those seeking support and spiritual growth in recovery. Each day holds its promise, and life's journey begins anew. Find inspiration and guidance for dealing with the challenges and new experiences of recovery in the writings in *Each Day a New Beginning*--from a woman who cares about others. Beloved author, Karen Casey, writes about self-esteem, friendships with other women, hope, attitudes about life and relationships, and more. Her words help bridge the gap between self and Higher Power, between loneliness and sharing the emotions of recovery. Each day's message begins with a quotation--from such exceptional women as Agatha Christie, Annie Dillard, Beverly Sills, Helen Keller, Maria Montessori, Adrienne Rich, Katharine Hepburn, Amelia Earhart, and many more--and ends with an affirmation, marshaling the feminine courage and spirit, wisdom and wit that make every day count. Almost three million recovering women turn to these meditations each day.

Book Information

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Customer Reviews

Millions of people around the world spend a few moments in quiet reflection with Karen Casey every day. Karen is the best-selling author of *Each Day a New Beginning*, the first daily meditation book written expressly for women in recovery from addiction. Published in 1981, *Each Day a New Beginning* has sold more than three million copies and has been translated into ten different languages. Over the years, readers around the world have come to regard Karen as a trusted

companion on the recovery journey. Among her other best-selling inspirational books are *Keepers of the Wisdom*, *A Woman's Spirit*, *Fearless Relationships*, and *A Life of My Own*. In her newest book, *Serenity* (Hazelden, 2007), Karen shares favorite passages that gently convey simple lessons for living with greater peace, hope, and trust. Karen enjoys golfing and riding her Harley with her husband. She lives in Minneapolis, Minnesota, and Naples, Florida.

Hey there! I stumbled upon this book at a secondhand store the first time I owned it . An I found so much inspiration from it that it was really astounding because it's hard to find books like that nowadays . That aren't preachy and know-it-all and telling you how to run your life . Yeah it's book for people who use and abuse and that wasn't me, not to say that I haven't had my share of rough edges in my life but I wasn't there anymore, but I just loved the way it made you feel good in your life every day . But then somebody in my life that was very, very close to me was having a really hard time, so I gave them my copy because they had read some of it and it made them feel good, like they could deal with quitting and finally stop abusing. Then I found I was really missing my book . I was overjoyed to find it here on because it's a fantastic book! It really makes you feel good as a woman . And you just find the best stuff there in that book . There's just a lot of great things in there that make you feel great and make you feel good and really make you think . I think that it's something that every woman should own personally, it's just really a great book it's not a God thing, it's not drinking thing it's not drug thing it's more of a little bit of everything in it for everybody let's put it that way. I know it's from Hazelden so yeah it's got stuff in it like that, but still it's more of a life affirming thing . So I just really I recommend it to anybody and everybody. I love the book and I would buy it every time I give it out to somebody. and I would always share it because it's a great book . And I would buy it again and again and again . Thanks

This isn't exclusive to women. It's important for men to know this perspective -- very important in my opinion. The ladies have thought patterns a bit different from men. Seeing and reading how things are viewed through different eyes has been great.

Personally, there is no better way to start my next 24 hours than reading a great meditation and Karen Casey fits the bill perfectly! You don't have to be in recovery to enjoy this and be able to restore your faith, self-esteem and self-worth. I've also found journaling along with it very helpful! I'll look over my days entry in the evening and I can reflect on what I thought was going to be a fearful, scary day and see how I've put the suggestions and tools to work. And, most importantly, I realize

that the fearful, scary day wasn't so bad after all. This reinforces everything I've learned about keeping it "in the day"...because that's all we have - today.

I purchased this book after giving away my first copy. It is a wonderful daily devotional with spirituality based on the recovering alcoholic 12 step program. I am a christian but this can speak from many spiritual points of view. I love the daily readings, one page each in length but loaded with wisdom, encouragement in facing daily life challenges with relationships, other struggles and self worth. It's gets me out of myself and teaches me how to regard people who enter my life moment to moment. Life is not all about me or my struggles which is a recurrent theme. At the same time the daily readings teach, encourage and instruct the reader how to live in a world of relationships and how to learn and grow to be the person you want to be. I highly recommend this book. I believe it is published or endorsed by the Hazelden treatment centers for recovering alcoholics. I am not an alcoholic but love this book and would recommend it for women in general.

This book is a daily meditation based on the 12 steps recovery for women who struggle and seek support and spiritual growth. It is not just for recovery from alcohol, it is for any addiction. Made especially for women. Love, love this book.

I have this book of daily meditations in the soft cover version and really like the content. However, I got the Kindle version so that on the days I have to hit the floor running, I can still have a quiet meditation in my car or whatever later in the day right on my cell phone. In addition, I have book marked some of the more pertinent reflections applicable to my life to be read again and again when needed.

This a "one day at a time" must read ! Got this book in 1986...it's dog/eared..and handled with care. It has lifted me up and taught me how to lift others. Gets me out of my "squirrel cage " thinking...Not religious, yet relates well with 12 step philosophy. Great opportunity for spiritual and personal growth.

Very disappointed. I bought the book based on it's cover, which I planned to base my meditation on. Sunflowers have a deeply personal & family historical meaning to me. When I buy the the book & cover is completely different....I know the author's message is not on the cover ever now. Ugh

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