



Today I Will Do One Thing: Daily Readings For Awareness and Hope (Hazelden Meditations)

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Today I Will Do One Thing is a ground breaking meditation book for people in addiction recovery who also have an emotional or psychiatric illness. This unique meditation format integrates addiction recovery with recovery from an emotional or psychiatric illness, develops self-awareness, and disorders. Readings also:

- provide practical demonstrations of effectively handling emotions, mild paranoia, and other difficulties
- state an affirmation and acknowledge a common problem
- provide insight for positive change
- offer motivation to complete one simple, concrete goal for the day

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