

Each Day a New Beginning



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Each day holds its promise, and life's journey begins anew. Let this book be your companion, lightening your burdens and heightening your joys with its daily offering of the gentle warmth and wise counsel of women traveling the same long and winding road.
These meditations, one for each day of the year, speak to the common experiences, shared struggles, and unique strengths of women, especially those seeking support and spiritual growth in 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.

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