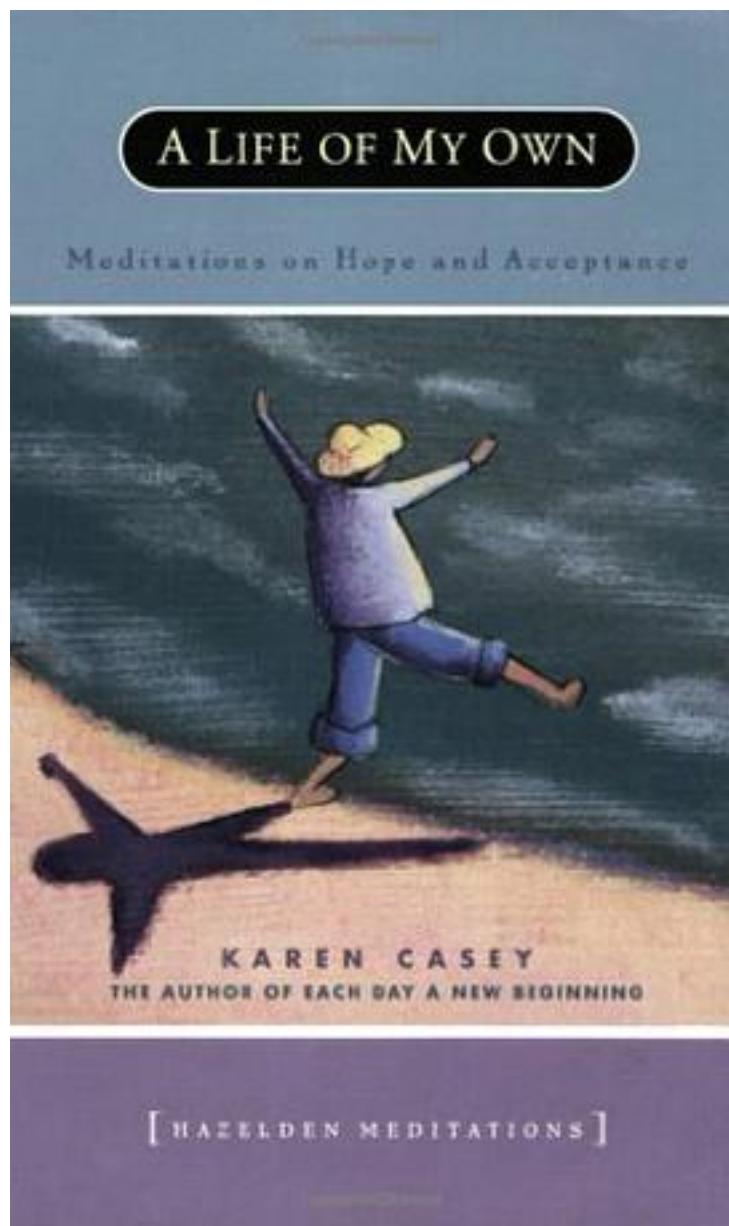


A Life of My Own



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These 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.

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