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*Easy Does It: A Book of Daily 12 Step Meditations ...*

Easy Does It is not about being lazy. It is about working on slowing down and taking life on life's terms. It is simply being tuned into the secret of how recovery and life actually work. This book is for members of all 12 Step Fellowships dedicated to a sane and manageable way of life, free of addictions, compulsions, and dependencies.

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For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. Easy Does It provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will disable any trauma, loneliness, or emotional pains in your recovery. Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. Easy Does It, written by the authors of The Twelve-Step Prayer Book, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. These aren't simple buzzwords: they are the birthplace of your day's spirit. One simple thought can change your day. Make yours serene.

"The good news is we can find serenity by doing nothing. It doesn't cost any money, and it doesn't require anything out of us. The bad news is we can find serenity by doing nothing, we can't buy it, and it doesn't need anything out of us. Therein lies the challenge!" --Mary Faulkner  
The Easy Does It Meditation Book and Recovery Flash Cards is a profound, challenging, and comforting book that includes fifty-two meditations--one for each week of the year. These wise and witty musings are meant to encourage and inspire anyone traveling on the path of recovery. Also included are fifty-two Recovery Flash cards. Each card contains specially selected line drawings, Twelve-Step folk wisdom, and quotes from The Big Book of Alcoholics Anonymous. This is the essential tool for embracing the challenges of recovery. It provides a quick pick-me-up, a gentle reminder to refocus on your spiritual program, and a way of getting back on track.

National Hammered Dulcimer Champion, Mark Wade presents common jam tunes in a unique way that shows beginners how to play the essence of the tunes simply and the intermediate/advanced players the ornamented versions. Each Easy Does It version of a tune is paired with the fancy rendition along with the chords. Now jamming is easier than ever for players of ALL levels!

Forget the Fad Diets, Join the Food Freedom Movement! Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way

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to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post- menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

“A chance for moms to catch their breath and refocus . . . Embracing the lessons . . . will help you to continue to make the world a better place.”—Mary Rita Schilke Korzan, author of *When You Thought I Wasn't Looking: A Book of Thanks for Mom* Every mom wants to succeed. Every child also wants to succeed. In *Easy Does It, Mom*, Barbara Joy provides moms with positive encouragement, knowledge, and tools they can begin using immediately as they continue their recovery and move toward being the best moms they can be. Joy relies on experts with degrees and experts with “mom” behind their name. For more than ten years, Barbara Joy has worked with moms in recovery from alcoholism and other addictions. She knows what works. Plus, she includes real-life stories and strategies from the moms and children she works with. The reader is guided by a professional and encouraged and inspired by moms who have “been there, done that.” Because moms in recovery feel more safe and secure in a familiar and consistent environment, each chapter begins with an encouraging saying and ends with a writing activity, plus between four to eight clear and concise keys are presented in the chapter—an at-a-glance tools reference section. For moms in recovery, Barbara says, “Other than your recovery, I believe that parenting is the most important job you'll ever do. It may also very well be the hardest job you'll ever do. And, for sure, the most rewarding!” “So moms read Barbara Joy's words of wisdom and raise children who will make a difference and until she writes *Easy Does It, Dad* I recommend that fathers read it too.”—Bernie Siegel, M.D., #1 New York Times bestselling author of *Love, Medicine and Miracles*

Skill area : Apraxia and motor planning; Interest level : Ages 2 thru 6.

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober. . .the trick is to live sober."