



Say Yes to Your Life: Daily Meditations for Alcoholics and Addicts

Leo Booth

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Adding a new dimension to the meaning of 'one day at a time,' *Say Yes to Your Life* offers hope, meditations, and pearls of wisdom for healing the guilt and shame that often binds recovering addicts and alcoholics. With a meditation to ponder each day of the year, you will reap the rewards, encouragement, and guidance of one of the country's most sought-after addiction and recovery specialists, Leo Booth.

Say Yes to Your Life is a life-saving tool that helps you turn inward to your spirit, reconnect with your spirituality and inner power, and gain a higher sense of peace and strength—each day, all year long.

Leo Booth is an internationally acclaimed author, lecturer, and trainer on all aspects of spirituality and drug and alcohol addiction and recovery. He is a Unity minister and holds a master's degree in theology from King's College, London, England. He is also a certified addictions counselor and a spiritual consultant to several treatment centers. Visit the author at www.fatherleo.com.

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The experience that you get from Say Yes to Your Life: Daily Meditations for Alcoholics and Addicts is the more deep you looking the information that hide into the words the more you get thinking about reading it. It does not mean that this book is hard to know but Say Yes to Your Life: Daily Meditations for Alcoholics and Addicts giving you enjoyment feeling of reading. The article writer conveys their point in a number of way that can be understood by means of anyone who read that because the author of this guide is well-known enough. This book also makes your own personal vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We highly recommend you for having this kind of Say Yes to Your Life: Daily Meditations for Alcoholics and Addicts instantly.

Lawrence Sawyer:

This book untitled Say Yes to Your Life: Daily Meditations for Alcoholics and Addicts to be one of several books that best seller in this year, that is because when you read this reserve you can get a lot of benefit upon it. You will easily to buy that book in the book shop or you can order it by using online. The publisher on this book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Touch screen phone. So there is no reason for your requirements to past this e-book from your list.

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