



Just for Today: Daily Meditations for Recovering Addicts

Narcotics Anonymous

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Just for Today: Daily Meditations for Recovering Addicts Details

Date : Published January 1st 1991 by Narcotics Anonymous World Services

ISBN : 9781557761514

Author : Narcotics Anonymous

Format : Paperback 389 pages

Genre : Self Help, Spirituality, Nonfiction, Reference



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Anonymous

From Reader Review Just for Today: Daily Meditations for Recovering Addicts for online ebook

Ashley says

This book will probably never reach the completely read shelf- I read each day's meditation and try to apply it to my life that day. Ever since I've started this, I feel I get more out of recovery, and start each day full of hope. I recommend this to all addicts, its amazing how your first thought of the day can determine what kind of day you have. By far reading this daily makes many more good days.

Collin Mcadams says

Helps Center my daily surrender to the plan.

Alissa Cook says

I love my devotions every morning, and it's nice to know I have one that's aimed specifically toward recovery. I wish I could find others just like it, I could definitely go for another one as well! ??

Felicia ??Night Witch?? Oliveira says

A necessary addition to any addicts library!

Many N.A. Meetings are based around reading this book, and the content is perfect for a sharing/speaking topic meeting.

In my case it was kept in my purse or on my person for the first two years of my recovery from chemical dependence.

If it seems too much to take in at first, my advise is to start small. Read the passage for your birthday, anniversary, or special day like your clean date.

For me it was a great way to get out of bed and wake up in the morning. Goes well with a strong cup of coffee and a cigarette.

Great gift for anybody struggling with their addictions, whether drugs or alcohol, or anybody headed off to a rehab/detox. This is a great way to introduce somebody into the NA program.

Marilyn Diamond says

This devotional is something you keep in your own personal library to read daily. You do your research on specific topics while working on the 12 steps and you wish for new editions for a devotional that saves your life.

Duane Donecker says

excellent, helps me stay sober each and every day!!!!!!

Kim Trautman says

I cannot recall when I came across this as an app but it is always on my phone. I use it even though this is not my fellowship because the 12 steps are the 12 steps. It is a free app and it allows you to email yourself the daily text. It has been a very valuable daily reader.

Laurie says

A fabulous book to keep you on track and thoughtful of your Recovery. Have read it several times over many years in Recovery.

Masum says

Just for Today
Just for Today

Nirab Karky says

Book for everyone.

Cris B says

Diário

Hank says

Read it daily! Good food!

carey lina says

a failed addict since age 14, I can still get down with a daily reader for ritual value and for its helpful advice. also a good learning tool.

Monica says

I love this little book. It helps me to put the proper perspective on my addiction and on life. The words , as I read them, seem to come straight from God and/or my "Higher Power!" It's amazing the impact this little book has had on my life and I'm returning to it again because I need to revisit and start journaling about my thoughts on each day, as if to take a daily assessment you may say. It does a brain good! Not to mention the body and soul too!

David Klompas says

Wisdom is a valuable asset, especially the kind that comes before life might demand its use. **Just For Today** presents a year's supply of such pieces of wisdom into one volume with a message for each day of the year.

While many may be familiar with devotional volumes including a religious slant, not as many might be aware that secular versions of such devotionals exist. And in this volume, Narcotic's Anonymous have presented their answer to the daily devotional. The difference here is that the wisdom it contains originates from a worldwide community of recovering addicts. This incredible diversity gives **Just For Today** a communal feeling.

While readers may find some meditations disagreeable, the vast majority will be applicable to a host of real-world situations. Narcotics Anonymous has not set out to provide solutions to problems, but rather to provide a dose of reality given in a loving and serenity inducing tone.

This broad swath of practicality and the communal feeling created by the volume make **Just For Today** a valuable piece of literature for recovering addicts from any persuasion.
