



## The Easy Does It Meditation Book and Recovery Flash Cards

*Mary Faulkner*

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"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.



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