



# Praying Throughout The Day: A Book of Hours for Those With Addictions

*Harriet Roberts*

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**Praying Throughout The Day: A Book of Hours for Those With Addictions** Harriet Roberts

*Praying Throughout the Dayz* combines the best wisdom of spiritual formation, i.e. regularity in prayer, with modern methods of addiction recovery, and will appeal to those with addictions of all kinds. In addition to those with addictions or in self-help programs, it will be most useful to counselors, retreat directors, pastoral ministers, chaplains, and all healing professionals.

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