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PREFACE Taking a life one day at a time proved necessary in the Al-Anon Recovery Program for those whose lives were adversely affected by an alcohol problem in a relative or friend. This book, like its accompanying volume One Day at a Time in Al-Anon, is designed to focus on today and give us the courage to change what we can. The 1988 Al-Anon World Service Conference voted to produce a second daily reader that would more fully reflect the diversity of our communication, whose members are the real authors of this collection. Such collective wisdom helps us to view every day as an opportunity for happiness by focusing on the reality of today without the burden of yesterday or the fear of tomorrow. Since these choices are based on exchanges from individuals, they contain references to gender and specific relationships, but thoughts apply to people of all walks of life. As in one day in Al-Anon, meditations are supported by appropriate quotations. The use of these quotes does not imply the approval of a person or the volumes cited. They were chosen for what was said, not who said. January 1 We live in a society of instant gratification: instant coffee, instant breakfast, instant money from our local ready-made banking machine - it's wherever we look! No wonder many of us come to the doors of Al-Anon looking for an instant answer to all the problems that come from living and loving an alcoholic. Recovery is a process. It takes time to recover, recover, and recoup all that was lost

while we tried ourselves to cope with the active drinking. Building trust takes time, change takes time, healing old wounds takes time; there are no immediate, ready-made solutions. But the tools and principles of our program - steps, traditions, slogans, meetings, sponsorship, service - can lead us to the right answers for us. We all have dark times in our lives, but traveling to the best of times is often what makes us happier, stronger people. When we stop expecting instant relief, we can believe that where we are today is exactly where our Supreme Power will have us. Today's al-Anon reminder is a one-day-to-one program. Whatever happens around me, today I know I'm moving forward. I will trust the recovery process. I'll give it time. If I'm under pressure and set myself a timeline and worry about tomorrow, I'll stop for a few minutes and think just one day and what can I do with it. One Day at Al-Anon Courage Change: One Day at Al-Anon IIBob H2020-04-20T11:47:50-04:00 Al-Anon New Collection of Daily Readings reveals the surprisingly simple ways in which Al-Anon members - friends lovers, spouses, parents, children of alcoholics - have made extraordinary changes in their lives. One day at a time, one at a time At the time, this book inflames the tiny sparks of courage needed to fuel the transformation of self. - Click here to download the full form of the literary order to pay by check and credit card. For the approximate euro price, please click on the euro symbol. Please note that the payment will be in pounds sterling. Select Currency Home's Books More This collection of daily reflections reveals amazingly simple things that can change lives. Indexed. 380 pages. Daily reader one day at a time, in Al-Anon II. More daily inspiration from a new, diverse perspective. Astute reflections show amazingly simple things that can change lives; indexed © 1996-2014, Amazon.com, Inc. or its affiliates Step Back from the Scream. Get away from the urgency. Get away from the anger. Get away from fear. Step back into knowing and love.- Jonathan Lockwood Huie Using today's toolsAre we become stuck in if only? If only I had more money. If I were more attractive. If only my parents were listening to Dr. Spock. Unless we're going anywhere. We better think about what we have to work with today. Do we remember that we were lucky just to be alive? Are we grateful that one day we are clean and sober? Do we have in mind that we have at our disposal the Twelve Steps program and all its tools? When we live in if only, we got stuck in yesterday. But what we have to work with today are today's tools, and if we use them well, we won't need them if only. Do I use the tools I have today? God help me recognize today's tools and be ready to use them. I was looking for love in the wrong places, growing up in an alcoholic home, I always felt that I had to be good enough that I had to earn my parents love. Every time my alcoholic stepfather is furious, it's going to be my fault. My mother, seriously affected by alcoholism, will always defend it and tell me to try to do better. I thought they'd love me if I was perfect. As an adult, I searched in all the wrong places to find that perfect love that I expected in the mate. I never thought I could be a complete person without the approval and love of a guy. And when I didn't have a boyfriend, I sought permission from my parents. When that didn't work, I turned to my best friend. When that didn't work, I went back to finding a new guy, so the cycle went on. Al-Anon gave me awareness, unconditional love and recognition that I had never had anywhere else in my world. I listened to my sponsor's suggestion that I should not meet for at least one year. (It took me a few years at Al-Anon before I actually listened offer.) For this last year, I was really running steps and focusing on myself. This trick gave me a chance to see how I passed the conveyed must be loved by other sick people in my life when all along the love I craved was so desperately was right inside me. It is in the form of my Higher Power and the relationship that I am learning to develop with Him. My Higher Power works through other members of Al-Anon in meetings, through my Sponsor and through our literature, showing me that I am loved and deserve to be loved and loved by others. With this awareness, I am no longer looking for romantic love to fill the void. My emptiness is filled through the work of my Al-Anon program. By Rebecca B., Florida September, 2011 Reprinted with permission from ForumAl-Anon Family Group Incorporated, Virginia Beach, VA Read here

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