

A LIFE
OF MY OWN

MEDITATIONS ON HOPE AND ACCEPTANCE

KAREN CASEY

(HAZELDEN)
MEDITATIONS

A Life Of My Own Meditations On Hope And Acceptance

Hazelden Meditations

Karen Casey



A Life Of My Own Meditations On Hope And Acceptance Hazelden Meditations:

A Life of My Own Karen Casey, 2010-06-28 As part of the incomparable Hazelden Meditations series the daily readings in *A Life of My Own* ask us to truly reflect on our relationships with people in our lives who are dealing with alcoholism or other substance use and addiction and more importantly to establish and improve a relationship with ourselves When we love people who use or abuse alcohol and other drugs we can get so wrapped up in trying to understand and fix the addiction problem It is easy to lose sight of ourselves and stop living our own lives Designed for personal growth this collection of readings by beloved recovery author Karen Casey inspires readers to invest in themselves again by addressing the feelings of desperation and frustration at the core of codependency With the wisdom of Twelve Step principles relatable anecdotes and helpful recovery insights readers can build a daily practice of reflection inspiration healing and meditation The simple straightforward quotations and affirmations in *A Life of My Own* offer the strength and courage we all need for true freedom Encouraging you to connect with your spiritual and emotional health as well as build self esteem serenity and acceptance Casey reflects on the type of healing that helps us return to living **A Life of My Own** Hazelden Publishing, 1993-05

Hazelden's first collection of daily meditations especially for friends and family who are working programs like Al Anon Nar Anon and Coc Anon from the author whose insights have helped millions begin anew one day at a time The anonymous author also wrote one of Hazelden's most popular meditation titles *Each Day a New Beginning* *Without Shame* Barbara Theodosiou, 2020-02-25 Barbara Theodosiou and her family reveal the pain loss and connection that emerge from addiction trauma codependency and recovery in this unique view into the heart of a national crisis The ringing phone startles Barbara during another sleepless night She knows it must be Daniel her big hearted intelligent son who has spent years cycling through hospitals jails and treatment centers Although Daniel's childhood struggles started much earlier he was sixteen when Barbara discovered he was horribly addicted to DXM the drug found in many over the counter cough medicines After picking up the pieces from one more of her son's relapses Barbara seeks support in the online refuge she created when she had nowhere else to turn *The Addict's Mom* There she can Share *Without Shame* with others who understand These other mothers know that it can become normal to hope your son will be locked up so he isn't sleeping on the street These other moms understand how it feels to realize you have not just one addicted child but two Barbara discovered her oldest son Peter's addiction just six months after Daniel's And when that happens sometimes all a mother can do is try to save herself But this isn't just a mother's story *Without Shame* encompasses Daniel's own poetry and prose Peter's story of healing against all odds their sister Nicole's story of balancing compassion and independence and other often unheard voices This multifaceted story reveals what it truly means to describe addiction as a family disease *The Science Of Acting* Sam Kogan, Helen Kogan, 2009-09-10 What is good acting How does one create believable characters In *The Science of Acting* Sam Kogan applies his theories and teaching to answering these questions It represents a comprehensive and complete technique

applying neuroscience and psychology to the role of acting At its heart lies a unique and groundbreaking understanding of the subconscious as well as an unparalleled insight into and expansion of Stanislavski s original Russian teaching The book includes chapters on Awareness Purposes Events Actions Imagination Free Body Tempo Rhythm and Laws of Thinking culminating

Each Day a Renewed Beginning Karen Casey,2021-05-25 Daily Inspirational Quotes to Help You Find True Peace An important reminder of the simple truths which can bring us to a peaceful mind and heart Becca Anderson author of Prayers For Calm 1 New Release in Eastern Philosophy Taoism Everyone deserves a peaceful journey regardless of age or gender religious affiliation or political preference With more than 3 5 million copies sold this beautifully curated collection of daily motivational quotes about life seeks to influence the way you live the next 24 hours The result of more peaceful days A more peaceful planet Peace is always possible even in the midst of a storm By sharing a meditation for each day of the year author Karen Casey speaks to the common experience shared struggles and unique strengths of those who seek support and spiritual growth in recovery Featuring daily inspirational quotes about finding peace and honoring love this positive thinking book offers the perfect touchstone at this crucial time in history a time when millions are seeking quiet moments and mindful meditation Today can open the door to a new way of living Love can be a powerful influence in our lives It s the total absence of judgment It s pure acceptance It is the inner voice reminding us that all is well and God is present right here and right now The overwhelming peace we feel is all the evidence we need of God s constancy The expression of love quiets our minds and we are flooded with inner peace How much gentler our lives would be if we dispensed with all expressions but love But we don t live in a world that truly values peace What if we can turn away from constant judgment and offer love instead in every situation If you re looking for inspirational books mindful gifts quotes about thinking positive or mindfulness books for adults or enjoyed books like A Year of Positive Thinking and 5 Minute Daily Meditations then you ll love Each Day a Renewed Beginning

The Cumulative Book Index ,1995 A world list of books in the English language

Blind Devotion Sharlene Prinsen,2012-09-13 One woman s startling firsthand account of her struggle to protect her children while facing the man she married a combat veteran plagued by addiction rage and depression born from PTSD Sharlene peered out the window into the blackness that enveloped her yard She couldn t see them but she knew they were out there police officers and a SWAT team holding their positions in the wood line out her front door their weapons trained with deadly precision pointing at her home Don t let them shoot at my kids she shouted into the phone to the dispatcher as her drunk enraged and armed husband picked up the other line Go on get the hell out of here then When she first met Sean seven years earlier Sharlene never imagined that he d someday be the catalyst to this terrifying scene Sean was handsome in his camouflage fatigues looking proud and just a little cocky Unlike any other man she had ever met he was an easy charming conversationalist and his sincerity was unmistakable The two married and started a family But Sean s drinking soon took over and signs of depression and his raging outbursts amplified Something was seriously wrong He never talked about his

tours overseas including his seven month peacekeeping mission in the aftermath of Slobodan Milosevic's ethnic cleansing campaign but there were signs that what he experienced in Bosnia left him reeling at his core As Sean's behavior grew increasingly worse Sharlene's obsessive worry for his well being trumped her basic needs She knew that her husband was suffering from tremendous inner turmoil which she later learned was PTSD and she hoped more than anything to nurse him back to the loving partner and father she knew he could be A powerful story of pain and forgiveness horror and hope Blind Devotion gives voice to the thousands of families who are struggling to heal and to achieve a sense of normalcy stolen by the trauma in their lives

Subject Guide to Books in Print, 1996 The Publishers Weekly, 1993 *The Complete Directory for People with Chronic Illness* Sedgwick Press, 2005 This informative resource provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Thousands of hours of research have gone into this 2005-06 edition hundreds of new entries have been added and thousands of enhancements have been made to existing entries This widely hailed directory is structured around the 90 most prevalent chronic illnesses from Asthma to Cancer to Wilson's Disease and provides a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic illness has its own chapter and contains a brief description in layman's language followed by important resources for National Local Organizations State Agencies Newsletters Books Periodicals Libraries Research Centers Support Groups Hotlines Web Sites and much more Two indexes provide quick access to this wealth of information Entry Index and Geographic Index This directory is an important resource for health care professionals the collections of hospital and health care libraries as well as an invaluable tool for people with a chronic illness and their support network

The Complete Directory for People with Chronic Illness Laura Mars, Laura Mars-Proietti, 2000-02 The widely hailed Complete Directory for People with Chronic Illness updated for 2000-01 is structured around the 80 most prevalent chronic illnesses from Asthma to Cancer to Wilson's Disease providing a comprehensive overview of the support services and information resources available for people diagnosed with a chronic illness Each chronic condition contains a brief description of the illness in layman's language followed by National and Local Organizations State Agencies Newsletters Research Centers Hotlines Books and Periodicals Also provided are sections on General Resources both Associations and Media as well as chapters on Death and Bereavement and Wish Foundations This directory makes it possible to provide comprehensive and critical information from just one source in just one stop An Entry Name Index and a Geographic Index will quickly direct users to relevant information and support services The Complete Directory for People with Chronic Illness is a necessary addition to any reference collection

Older Americans Information Directory, 1999 **In God's Care** Karen Casey, Homer Pyle, 2009-11-10 True lasting recovery requires us to create and maintain inner peace For many it springs from a practice of mindfulness for others from the rituals of religion But not everyone finds a connection with a Higher Power in those ways Through daily reflection and meditation In God's Care gifts a

healing inspiration to our spirit Steadily we find spiritual growth Recovery is an act of faith An addict is promised healing and self development through the rigors of counseling treatment therapy and a Twelve Step program With motivational guidance addictive behaviors are abandoned coping skills are learned and sobriety is lasting The cycle of addiction is broken by trusting in the process This is the power of faith a new way of life Co author Karen Casey who wrote the bestselling recovery classic Each Day a New Beginning harnesses this power to transform life s struggles into a devotional outlook These heartfelt meditations encourage the optimism needed for continuous change It doesn t matter what we call the goodness we wish to be and see God or otherwise It only matters that we hold it in our hearts and affairs as we create a new life That is the truest definition of a Higher Power Keepers of the Wisdom Karen Casey,2010-06-04

Keepers of the Wisdom a daily meditation guide for older adults captures the words of the aging themselves and provides a deep sense of spiritual center gained through experience and acceptance After the first joys of early retirement author Karen Casey quickly experienced a minor identity crisis The process of redefining herself in the absence of a career was made easier after interviewing other older adults with similar experiences Casey s interviews included men and women from a wide range of ages 58 92 and from various parts of the country Their stories were as varied as their personalities However Casey discovered one common element They had each discovered an activity that gave their lives real meaning and tied them to the larger human community Keepers of the Wisdom a daily meditation guide for older adults captures the words of the aging themselves Casey in her classic style comments upon those insights with her own wisdom and sensitivity providing affirmations that can become a part of one s daily living Underlying each of the meditations is a deep sense of a spiritual center gained through experience and acceptance Keepers of the Wisdom provides a spiritual center gained through experience and acceptance These meditations are a portrait of active and fulfilling lives that give great purpose to themselves and to others **Serenity**

Karen Casey,2009-09-29 Best selling author Karen Casey helps readers unlock the secret to finding serenity in the midst of everyday annoyances and serious life challenges But serenity is available to everyone promises Karen Casey in her newest book fittingly titled Serenity The best selling author helps readers unlock the secret to finding serenity in the midst of everyday annoyances and serious life challenges Through inspirational passages gleaned from A Life of My Own Casey gently reminds readers to detach from worries based on matters beyond their control worries that fuel resentment and bitterness Serenity is possible she assures by accepting the things one cannot change and turning problems and worries over to a Higher Power Colorful pages and fine print quality make Serenity a wonderful gift book **Daily Meditations for**

Practicing the Course Karen Casey,2009-09-29 Daily readings to offer inspiration to those studying or following A Course in Miracles Written by the author of the beloved best seller Each Day a New Beginning this collection of meditations reinforces the key concepts from the book A Course in Miracles the modern spiritual classic that has changed the lives of millions Each page offers an aphorism and reflection on a key concept of the Course such as the miracle that comes from

shifting one's perception and recognizing what is holy in each of us making this this most instructive insightful guide to understanding and following the life changing principles of the Course every day **It's Up to You** Karen Casey,2023-07-11

Personal Growth Comes with Changing Your Mind Casey challenges us to see that the only things we can control are our own attitudes and behaviors It is possible to change the ways we respond to others and to the difficulties that come our way

Frederic and Mary Ann Brussat Spirituality Practice Letting go of codependent relationships finding inner peace and changing your life starts with intentional daily practices Bestselling author Karen Casey has sold over 3 million books that draw upon meditations motivations and religion providing inspiration and support to tens of thousands of her fans worldwide

Among her most influential books are 52 Ways to Live the Course in Miracles and Let Go Now Find inner peace for personal growth If you've felt blocked by old behavior patterns read It's Up to You which offers 12 principles for changing your life by changing your thinking As you apply these simple yet powerful principles you'll find it easier to embrace positive thoughts All change is incremental Apply the principles in this book one day at a time one week at a time to produce a healthy positive mental attitude Karen Casey has crafted principles to teach you how meditation paying attention and making choices for real life change is in your hands With daily readings and meditations this book teaches you how to Be more positive and find your purpose in life Let go of codependency judgments and change your life Surrender and give up control of the uncontrollable If you're looking for inspirational books mindful gifts quotes about thinking positive or mindfulness books for adults or enjoyed books like A Year of Positive Thinking or 5 Minute Daily Meditations then you'll love It's Up to You **Answers in the Heart** Anonymous,2011-02-17

Daily reflections for those searching for lasting recovery from sex addiction The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing hope and personal growth anyone addicted to sex needs to embrace recovery Part of the Hazelden Meditation series each thought of the day inspires the strength courage and mindfulness readers need to overcome patterns of sexual compulsion Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior this book will become the touchstone to your transformation *Back to the Garden* Patrice Dickey,2006-05 Dickey shares riveting stories of real people who have used the simple secrets she teaches to free themselves from shadow issues and self defeating behaviors Readers will learn how dreams intuition hypnotherapy and other tools access the subconscious and lead people back to their true selves Feminist Bookstore News ,1993

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