



# **A Life of My Own: Meditations on Hope and Acceptance (Hazelden Meditations)**

*Karen Casey*

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*A Life of My Own*-- direct and affirming meditations offer daily access to strength, serenity, and insight in our relationships with chemically dependent people.

Written with a broad-based spirituality and straight-forward style by the author of the classic *Each Day a New Beginning*, these reflections gently guide friends and family working programs like Al-Anon, Nar-Anon, and Coc-Anon to a better sense of themselves, Twelve Step principles, and what it means to joyfully live a life of one's own.

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