



Easy Does It: A Book of Daily 12 Step Meditations (Lakeside Meditation)

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Let this wise little book ease you into the ways of recovery. Each day's meditation invites you to take a moment and learn to slow down, take life on its own terms, let each day bring you closer to the secret of serenity. Opening with quotations from figures as varied as Will Rogers, Paul Simon, Socrates, e. e. cummings, and Benjamin Disraeli, and concluding with daily affirmations, these meditations add up to a year's worth of inspiration, trust, and hope--one day at a time.

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