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Easy Does It, written by the authors of The Twelve-Step Prayer Book, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity.

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Easy Does It is not about being lazy. It is about working on slowing down and taking life on life's terms. It is simply being tuned into the secret of how recovery and life actually work. This book is for members of all 12 Step Fellowships dedicated to a sane and manageable way of life, free of addictions, compulsions, and dependencies.

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1. Move slowly and carefully. Bill (holding one end of a large crate): It's really tight in this doorway. Bob (holding the other end): Easy does it.

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Easy Does It A Book Easy Does It, written by the authors of The Twelve-Step Prayer Book, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. Easy Does It: A Book of Daily 12 Page 2/10

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For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. Easy Does It provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will disable any trauma, loneliness, or emotional pains in your recovery. Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. Easy Does It, written by the authors of *The Twelve-Step Prayer Book*, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spirituality and mindfulness to bring about serenity. These aren't simple buzzwords: they are the

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birthplace of your day's spirit. One simple thought can change your day. Make yours serene.

From the Introduction Easy Does It is a slogan and a philosophy of all 12 Step Fellowships. Those who work toward progress in recovery are advised to be patient. When they go slowly - and solutions to problems and situations begin to appear - they can take action. Easy Does It reminds one not to rush the Program faster than it can go, but to grow into the Program. Waiting patiently and carefully is not procrastinating. Every moment spent learning is an investment in the knowledge that one is finding the right answers. Easy Does It is not about being lazy. It is about working on slowing down and taking life on life's terms. It is simply being tuned into the secret of how recovery and life actually work. This book is for members of all 12 Step Fellowships dedicated to a sane and manageable way of life, free of addictions, compulsions, and dependencies. The "keep it simple" manner in which this book is written will help newcomers with the basics of the Program. Members who have more time in recovery will also benefit. As old-timers often say, "We never stop learning. As we will always be a student in our Program, we remain teachable, we continue to open our minds to accept and our hearts to understand." The Program suggests to 12 Step members that they have a quiet time each morning and "dress their minds as carefully as they dress their bodies." These daily recovery readings will guide you in planning and organizing positive thoughts and attitudes as each day begins. At the end of the book is an inventory checklist, the 12 Steps and Traditions, and an index which allows you to use this book at any time to check a topic and gather helpful insight. The Twelve Step Prayer book, a companion book to Easy Does It, provides a collection of the best-loved prayers used by Twelve Step members for your prayer life. May these daily readings help you in the morning, throughout your day, and on your journey with your fellow travelers. --Bill Pittman

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This book is for members of all 12 Step Fellowships dedicated to a sane and manageable way of life, free of addictions, compulsions, and dependencies. 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.

A straightforward, yet lighthearted, look at what it takes to enter or reenter the world of dating—clean and sober style. How much of your past should you share? Is it wise to date another addict in recovery? What should you do if you're attracted to a problem drinker? These are important questions in any dating relationship, but even more critical for individuals who are in recovery. This Step-friendly, one-of-a-kind dating guide offers frank yet lighthearted advice about avoiding the traps, triggers, and trauma of romance in recovery.

Forget the Fad Diets, Join the Food Freedom Movement! Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages

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get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals (which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

Skill area : Apraxia and motor planning; Interest level : Ages 2 thru 6.

There is no one effective, foolproof method of training your dog. So how do you know which method is best? Do you consult an academically trained behaviorist, an obedience trainer, or your uncle who has had dogs all his life? There are several points the training community can agree on. First, dogs are social animals. They were born and bred to serve and please humans. Their lives are forever tied to ours. Second, the social rules that dogs live by are different from ours... and simpler. Dogs need to adjust their native social rules to align better with ours. Quite a lot of training



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happens simply through the dog observing the humans around it. Some dogs, however, respect their social ranking in the home but don't know how to fill it. And some dogs find themselves in a role that doesn't fit their personality or circumstance. This book will focus on these two groups. Dominance and punishment have no part to play in modern dog handling. Realistically, though, can a dog become integrated solely through receiving positive rewards? Positive reinforcement plays a major role, and consequences play a supporting role in creating a balance that works. With this training method, the consequences do nothing more than making a dog uncomfortable. Every living being seeks to retreat from discomfort. That is what enables the dog to voluntarily change its behavior. In short, the handler's job is not to force the better behavior; it is to make the unwanted behavior uncomfortable so that the dog decides to move to a new behavior as a Willing Partner.

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