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For Today



Synopsis

Offers inspiring and thought-provoking affirmations and readings for each day of the year, written especially for Overeaters Anonymous members and anyone seeking recovery from compulsive eating.

Book Information

File Size: 481 KB

Print Length: 374 pages

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Enhanced Typesetting: Enabled

Best Sellers Rank: #60,293 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #37 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Meditation #89 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs

Customer Reviews

I attend a lot of meetings that use this book, and they choose a topic from the topic index. It is very difficult to find my place in time to read along. The text itself, though, deserves 5 stars.

This book is perfect to inspire me and motivate me everyday. Even if the reading for that morning doesn't pertain to me right at that moment in my life I usually know someone who could benefit from it and it helps me have patience and compassion for that person. I have given this book away several times to friends who seem like they need a little hope. What I like about "Just for Today" is that most often I can handle something for one day. When I breakdown life's challenges on day at a

time it feels more manageable.

I was disappointed to find, after I purchased the book, that there is no index of topics, as in the print copy. It's fine for daily reading, but one cannot look up readings related to each step or topics for discussion or reflection. In my opinion, that was a most valuable part of the book, which someone decided to leave out.bhai

This book is the right mix of spirituality, forgiveness and encouragement to be abstinent from overeating, one day at a time, one moment at a time, and even one second of a time. It also reminds me that I can give myself grace if I relapse and forgive myself for being human.

The purpose of a daily meditation is to provide a guide to help us along a way we have chosen. For Today is that guide. Its insights and gentle, poetic wisdom offer an indispensable resource for the recovering overeater seeking to stay on the path of health and serenity.

This is one of my go to books for starting my day. Shirt. Simple. Easy to understand. To the point. Love having it in Kindle.

Thanks

An easily read eBook edition that allows me to bring it with me wherever I go without having to tote a physical book around. It is well put together, giving daily insight for those seeking recovery from compulsive overeating. I would highly recommend it as an adjunct to other relevant writings and going to meetings when possible.

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