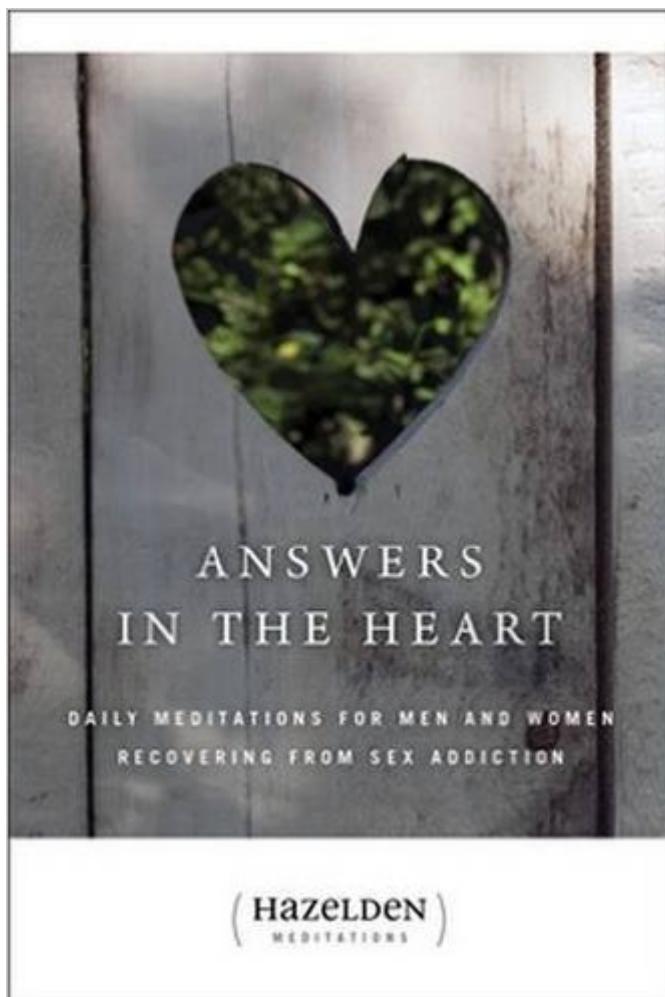


The book was found

Answers In The Heart: Daily Meditations For Men And Women Recovering From Sex Addiction (Hazelden Meditation Series)



Synopsis

These meditations guide us to the strength and courage within ourselves that is necessary to face the lingering shadows of sex addiction. With the inspiration and support unique to Hazelden meditation books, *Answers in the Heart* provides solace for the pain and inspiration for lasting recovery.

Book Information

Series: Hazelden Meditation Series

Paperback: 400 pages

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Product Dimensions: 0.8 x 4 x 6.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (72 customer reviews)

Best Sellers Rank: #26,315 in Books (See Top 100 in Books) #2 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > AIDS #13 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Sexual #99 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

Just like the 24 hour book for AA or the Just for Today for NA. this is the book for SA, SAA of SLAA

I am enjoying reading this meditation book. The meditations are short and sweet, but present some awesome truths. It provides me with encouragement, as well as things to think about.

I like this book. It isn't exactly based on religion and so I think that anyone can get something from it.

I find the positive message delivered by this book to be a tremendous help in my recovery from this debilitating disease.

Daily meditations for sex addicts -- an easy read of one page per day of the year -- makes reflection easy -- keeps me focused on my recovery

I read this with my sponsee each morning over the phone, meditate on it and pray together. A good resource for those recovering from sex addiction.

I love this book. It's been a huge help to me and my recovery from addiction. There are quotes that start every devotional thought that are very inspirational points of view from not just Christian thoughts. The devotionals have so much wisdom and insight that one needs to recover from their addiction. Take time to soak these in through times of prayer with your Higher Power and know that there is hope for you. The end of the devotionals have a perfect summary of what you just read. It's been extremely helpful for me to write these affirmations down on a 3x5 card to remember what inspired me about the devotional. This book is must have for anyone in recovery and contains hope for a better life and renewed sense of self image and lots of encouragement that you are not alone in this struggle.

I am in a number of fellowships. A recovery friend of mine recommended this book. It's great. It has short but meaningful recovery messages that I can use at any given moment. It's also small enough to fit in my bag so that I can have it wherever and whenever I need it.

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(Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women) Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1) Sex Addiction 101: The Workbook, 24 Proven Exercises to Guide Sex Addiction Recovery Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book)

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