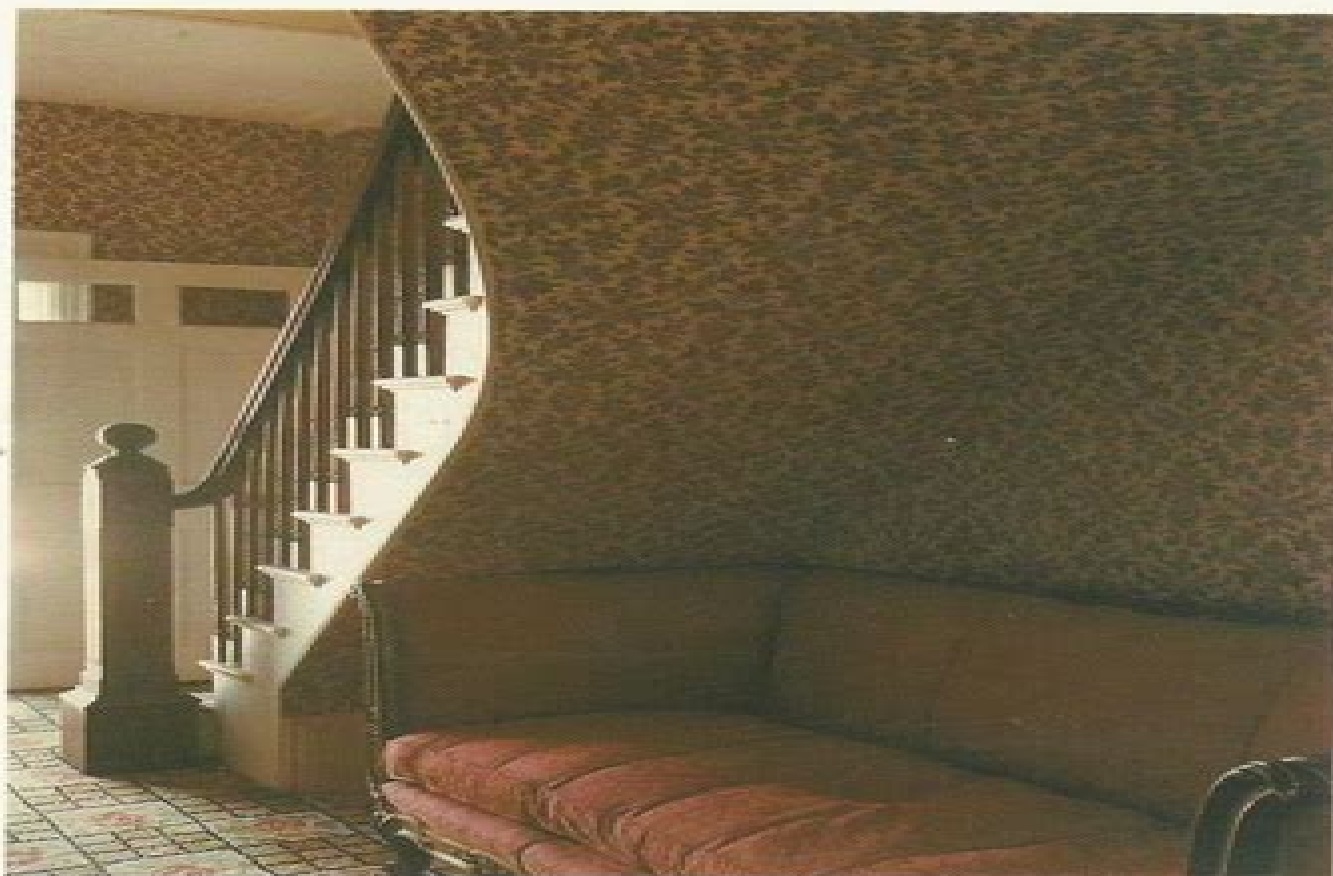


Stairway to Serenity



HAZELDEN SPIRITUALITY SERIES

A Spirituality of Recovery

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Hazelden Spirituality Series

Robert J Kus



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Stairway to Serenity, 1988 When it comes to developing our spirituality a lot of us hold back because we're unsure if we're doing it right and don't know how to measure the results. *Stairway to Serenity* is a down-to-earth guide for finding serenity through spiritual growth. This is not a book of philosophy or theory. The author documents what has worked for himself and others like him who have found their spiritual experience in the daily miracle of recovery. In this easily readable conversational book we can see how through the Eleventh Step of Alcoholics Anonymous we can discover a peace of mind greater than any high we found in addiction. *Stairway to Serenity* based on solid Twelve Step thinking outlines specific actions we can take to enhance our spiritual progress. Whether we've been struggling to find conscious contact for a day, a year, or a decade, *Stairway to Serenity* delivers good everyday spiritual experience with refreshing sincerity and gut-level honesty. From cover

Spirituality and Chemical Dependency Robert J. Kus, 2014-01-02 *Spirituality and Chemical Dependency* shares current thinking on how spirituality is used in recovery from alcoholism and other forms of chemical dependency. The 12 Step programs have been the most successful form of treatment thus far; you will find the insight in this book to be revealing as to why. Each of the contributors has devoted a significant part of his or her life to help those suffering from chemical addiction. In each chapter the author gives ideas on specific aspects of spirituality in the 12 Step context and answers the ever-important question: So what to provide guidelines for healthy spirituality in the addicted person.

Stairway to Serenity Mark L., L. Mark, 1989 **Staying Clean** Hazelden Foundation, Hazelden Publishing, Hazelden Publishing Staff, 1990 A checklist for living the Narcotics Anonymous way of life with 33 helpful tips for maintaining a steady course on the difficult road to recovery American Bookseller, 1989 *AA, Spiritual Issues, and the Treatment of Lesbian and Gay Alcoholics* Steven Lorain Berg, 1989 Passages Through Recovery Terence T. Gorski, 1989 This pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage, challenges that can create frustrations that may lead to relapse **The Cumulative Book Index**, 1990 A world list of books in the English language **Take what Works** Anne Wall, 1989 **Paperbound Books in Print**, 1991

Subject Guide to Books in Print, 1993 Recovery at Work Carol Cox Smith, 1990 The first book to focus on the needs of recovering persons trying to rebuild their careers with guidance on reentering the workforce, assessing a job environment, and making healthy career choices **In God's Care** Karen Casey, Homer Pyle, 2009-11-10 True lasting recovery requires us to create and maintain inner peace. For many it springs from a practice of mindfulness; for others from the rituals of religion. But not everyone finds a connection with a Higher Power in those ways. Through daily reflection and meditation, In God's Care gifts a healing inspiration to our spirit. Steadily we find spiritual growth. Recovery is an act of faith. An addict is promised healing and self-development through the rigors of counseling, treatment, therapy, and a Twelve Step program. With motivational guidance, addictive behaviors are abandoned, coping skills are learned, and sobriety is lasting. The cycle of

addiction is broken by trusting in the process This is the power of faith a new way of life Co author Karen Casey who wrote the bestselling recovery classic *Each Day a New Beginning* harnesses this power to transform life s struggles into a devotional outlook These heartfelt meditations encourage the optimism needed for continuous change It doesn t matter what we call the goodness we wish to be and see God or otherwise It only matters that we hold it in our hearts and affairs as we create a new life That is the truest definition of a Higher Power

Recovering Spirituality Ingrid Clayton,2011-08-24
Guides those in recovery in developing the awareness and skills to deal with life s issues by practicing authentic spirituality and emotional sobriety Spirituality is a critical aspect of the Twelve Steps and other recovery programs Yet for those of us disposed to addiction it can be easy to get so caught up in the idea of our Higher Power and the abundant joys of a spiritual life that we experience spiritual bypass the use of spirituality to avoid dealing with ourselves our emotions and our unfinished business In *Recovering Spirituality* researcher and clinical psychologist Ingrid Mathieu uses personal stories and practical advice to teach us how to grow up emotionally and take responsibility for ourselves Without turning away from the true benefits of an active spiritual program she shows us how to work through life s challenges and periods of pain while evolving and maintaining an authentic relationship with our Higher Power

The Essence of Twelve Step Recovery Damian McElrath,2013-11-05
The *Essence of Twelve Step Recovery* Take It to Heart was written in gratitude to the Jellinek patients at Hazelden whose lives struggles and pain are witness to what spirituality is all about Dedicated to Sandy McElrath Damian s wife of 26 years the book defines spirituality and the essence of Twelve Step living and the essence of Hazelden McElrath begins his Hazelden published book with a quote from the Big Book The spiritual life is not a theory We have to live it Alcoholics Anonymous page 83 He goes on to eloquently provide his view of spiritual fitness The person seeking recovery must reconnect with his true self with others and with his Higher Power the God of his understanding he writes He addresses the spiritual protocols of recovery in separate self contained chapters 1 The Community 2 The Spirituality of Addiction 3 The Twelve Steps Relational Spirituality 4 Benchmarks for Spiritual Growth and 5 The Cultivation of the Interior Life Gail Gleason Milgram EdD director of the Center for Alcohol Studies at Rutgers University endorses the book Damian is a born teacher He presents complicated and difficult content in a clear and concise fashion He helps the reader understand that the heart of what makes us human spiritual beings is our search for integrity purpose and meaning This book is a gift to all who are in search of the meaning of life Says Craig Nakken author of *The Addictive Personality* Damian has written a simple but profound guide for addicts that goes to the very heart of what is needed for recovery The book has purpose and meaning beyond its pages It s a must read for those looking to embrace or deepen their recovery Follow the spiritual protocol

Easy Does It Anonymous,2010-06-28
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 birthplace of your day's spirit One simple thought can change your day Make yours serene A Life of My Own Karen Casey, 2010-06-28 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 *Day by Day* Anonymous, 2009-08-10 Newly revised this classic meditation book has brought an eloquent message about living one day at a time to more than a million recovering addicts Its inspirational passages augment and reinforce AA principles about coping constructively with life's daily problems staying sober and growing spiritually **God Grant Me** Anonymous, 2005-02-21 Speaking thoughtfully to those recovering from substance abuse and addiction God Grant Me offers a daily dose of strength and wisdom with each of its meditations The journey of recovery is inspired by insight prayer and continuous renewal After years of reflection on the themes they presented in their first collection of readings with this follow up the authors of the bestselling meditation book Keep It Simple build upon incorporating Twelve Step practices into their daily lives These readings present the recovery wisdom of Alcoholics Anonymous Narcotics Anonymous and other Twelve Step programs supporting readers in the process of developing a regular therapeutic practice of mindfulness community and inspiration Overcoming addiction requires connecting with the things that define a life of health and wellness introspection spirituality daily support and fellowship God Grant Me is a dependable companion that gives guidance and inspiration for new beginnings and a sustained sober life *Prayer Steps to Serenity The Twelve Steps Journey* L. G. Parkhurst, Jr., Louis Gifford Parkhurst, 2006 Based on reader feedback to his original volume published in 2004 Parkhurst offers a revised edition with 12 new readings on the Serenity Prayer and how each part of the prayer corresponds with the 12 Step Program

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