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Small Miracles Daily Meditations For Mothers In Recovery

Patricia Hoolihan



Small Miracles Daily Meditations For Mothers In Recovery:

Small Miracles Patricia Hoolihan,1992 Offers meditations for attaining balance in life letting go of envy loneliness and fear and making peace with one s own childhood **A Moment's Peace for Parents of Teens** Patricia Hoolihan,2007 This resource offers daily meditations for parents of teens Inspiration insight and comfort are readily available in short daily doses The philosophy that raising a child is not a one way street from parent to child but is a flowing interaction between parent and child and among all family members focusing on a child s strengths and talents is a way to help parents see their parenting paths more clearly Provided by publisher Sisters of Habit ,2004 **Teen Girls Only!** Patricia Hoolihan,2000-10 This book of daily meditations for teenage girls offers inspiration hope and comfort to those in the midst of the turbulent teens For girls ages 14 to 18 each meditation explores a relevant issue and models a healthy way to cope or explore celebrate or reflect Approximately twice a week the meditation closes with an idea for a writing or journalling excercise In this way teens are provided with a concrete way to process or reflect on what they have read The other meditations close with a thought for the day Most of the meditations open with a quote from various sources of inspiration Maya Angelou Cameron Diaz Princess Diana Miss Piggy Susan B Anthony and others The meditations are designed to help teen girls be more conscious and aware of developmental cultural and personal factors affecting them The importance of friendships of dreams and goals of respect for other family members are among many topics The particular hazards and joys of being female are explored for instance how does the role of beauty in our culture affect girls coming of age Written by Patricia Hoolihan who has been writing about family and spirituality for over ten years the book is sensitive gentle and hopeful a lifeline to be tossed to any girl young woman crossing the stormy seas of teen hood Patricia Hoolihan is the author of *Small Miracles Daily Meditations for Mothers in Recovery* Bantam She also co authored *Today s Gift* a meditation book Hazelden and written *Family Attitudes* and *The Step Dance* Ins and Outs of Stepparenting Hazelden Ms Hoolihan lives with her family in Minneapolis where she teaches at Metropolitan State University and The Loft Photo Credit William Pringle Rodman **Forthcoming Books** Rose Arny,2001 American Bookseller ,1992 **New Books on Women and Feminism** ,1992 **A View from the Loft** ,2000 *Small* Jane Anne Staw,2017-12-15 Known as someone who worried about every little thing always anticipated the worst possible outcome and generally allowed her thoughts to get far ahead of life s actual circumstance author Jane Anne Staw was one day inspired to think small Her inspiration led her to learn to pay attention to the unfolding moments of life without the burden of worrying about what might come next Over time thinking small developed into a central practice in Staw s life and what followed was life changing In all facets of her life she experienced a shift away from anger depression overwhelm and loneliness to affection calm and connection These short and insightful essays about some of life s most common occurrences are meditations and exercises in thinking small and discovering a life of profound contentment and wellbeing Stepping Stones To Recovery For Women

Anonymous,2013-11-05 Articles stories slogans and prayers written specifically for women highlight key Twelve Step recovery topics Includes a daily reading guide Articles stories slogans and prayers written specifically for women highlight key Twelve Step recovery topics Includes a daily reading guide **American Book Publishing Record** ,1997 **Culture of Recovery** Elayne Rapping,1997-04-30 A thoughtful exploration of the recovery movement and its impact on contemporary life from talk shows and self help books to Clinton s presidential campaign **Women and Recovery** Kitty Harris,2012-05-07 A breakthrough recovery plan for women who struggle with alcoholism based on a groundbreaking new model Tens of millions of women today drink to excess and their numbers are growing Now Dr Kitty Harris an experienced counselor and therapist who is herself a recovering alcoholic with more than thirty years of sobriety presents a new model for recovery that focuses on treating the pain in women s lives that can lead to a vicious cycle of addiction not on the shame that fuels it Combining her personal and professional experience Dr Harris offers tools that can help women who want to recover as well as friends or family members who are seeking help for a loved one Focuses on dealing with the pain associated with alcoholism in women not reinforcing the shame Discusses the different types of female drinking habits including binge drinking and drunkorexia Takes a plain language jargon free approach that is easy to understand and shares the stories of recovering women of all ages and from all walks of life Is written by Dr Kitty Harris Director of The Center for the Study of Addiction and Recovery at Texas Tech University with twenty five years of private clinical experience working with adults and adolescents **The Cumulative Book Index** ,1994 A world list of books in the English language

Stepping Stones To Recovery From Codependency Katie C.,Deb M.,2010-12-21 An inspiring collection of articles and personal stories about codependent behavior this book focuses on self sabotaging behavior patterns and good principles of self care An inspiring collection of articles and personal stories about codependent behavior this book focuses on self sabotaging behavior patterns and good principles of self care *A Woman's Spirit* Karen Casey,2009-10-28 Following in the tradition of her recovery classic *Each Day a New Beginning* author Karen Casey presents another year full of inspiring meditations that speak to the challenges faced by recovering women All women are unique we all face different joys and struggles Yet all women in recovery from addiction to alcohol or other drugs share many common experiences We also share the purpose of seeking a new healthier way of life The daily meditations in *A Woman s Spirit* cover vital topics at the heart of any woman s recovery journey such as taking responsibility managing expectations dealing with change and finding purpose Spending a few moments each day with Karen Casey s wisdom is sure to bring a sense of peace and belonging to recovering women everywhere **The Language of the Heart** Trysh Travis,2010-01-01 In *The Language of the Heart* Trysh Travis explores the rich cultural history of Alcoholics Anonymous AA and its offshoots and the larger recovery movement that has grown out of them Moving from AA s beginnings in the mid 1930s as a men s fellowship that met in church basements to the thoroughly commercialized addiction treatment centers of today Travis chronicles the development of recovery and examines

its relationship to the broad American tradition of self help highlighting the roles that gender mysticism and bibliotherapy have played in that development **The Catholic in Recovery Workbook** Catholic in Recovery, Scott Weeman, 2022-10-14 The Catholic in Recovery Workbook is the first step by step guide for working through the Twelve Steps of recovery from a Catholic perspective If you struggle with addiction dependency or unhealthy attachments or love someone who does this book will help you discover the life changing mercy of Jesus Christ through Church tradition and the grace of the sacraments The workbook includes an overview of the Twelve Steps and insights from well known recovery resources relevant excerpts from the Catechism of the Catholic Church the wisdom of saints and teachings of theologians powerful prayers and inspiring testimonials and practical tools such as discussion questions journaling prompts personal inventories and reflection exercises The Twelve Steps and the sacraments have the power to set you free no matter what your addiction or unhealthy attachment and this workbook offers the steps insights and practices that can lead you to healing and recovery The Catholic in Recovery Workbook can be used with person or in a group This book can stand alone or alongside Weeman s award winning book The Twelve Steps and the Sacraments Stepping Stones to Recovery for Young People Lisa D., 1985-04 A guide and collection of readings for young people involved in a twelve step recovery program for an addiction Includes personal accounts of former drinkers and drug users **Double Trouble In Recovery** Howard Vogel, 2010-06-04 Since 1989 clients with severe co occurring addiction and mental health disorders have found experience strength and hope through the Twelve Step group Double Trouble in Recovery DTR Since 1989 clients with severe co occurring addiction and mental health disorders have found experience strength and hope through the Twelve Step group Double Trouble in Recovery DTR This is the equivalent to the Alcoholics Anonymous Book for those dealing with severe mental illness and addiction Priced economically for distribution to group members

Whispering the Secrets of Language: An Emotional Journey through **Small Miracles Daily Meditations For Mothers In Recovery**

In a digitally-driven world wherever monitors reign supreme and instant communication drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases often get unheard. However, located within the pages of **Small Miracles Daily Meditations For Mothers In Recovery** a charming literary treasure pulsating with natural thoughts, lies an exceptional quest waiting to be undertaken. Penned by a talented wordsmith, this marvelous opus invites readers on an introspective journey, softly unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the emotional depths with this touching evaluation, we will embark upon a genuine exploration of the book's core themes, dissect their charming writing model, and yield to the strong resonance it evokes serious within the recesses of readers' hearts.

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