

with her emotions and cope with her circumstances. Above everything else, she put her trust in God. All the resources found in Fresh Hope ... Cleveland helped Nanci make it through five very difficult years. They can help anyone find the answers and hope that they need too. It's simple. Fresh Hope ... Cleveland provides wisdom at a time when it's needed most. Waiting for answers and opportunities to arrive is part of life. But how will you wait? How will you cope? Inside the pages of Fresh Hope ... Cleveland you'll find some inventive ways to manage those challenges along with money-saving tips, healthcare services, job and mortgage information, and much more. Find out too, about the most important resource you could ever possess: a relationship with God. Is Fresh Hope ... Cleveland just for Cleveland? No. Every resource in this comprehensive guide and workbook could be found too, in any city's own backyard. But more than anything, Fresh Hope ... Cleveland provides direction, encouragement, and power people everywhere need to not only survive, but thrive. Whether life is great today or feels overwhelming, still, come explore some "fresh" ideas. Just one new idea could make everything even better than it was before. – Nanci J. Gravill Fresh Hope ... Cleveland ~ full of wisdom and power for your life today! ? A practical Guide to help you save money and feel your best ? Handbook of Resources available right in your own backyard ? Tried and true Strategies from the author's 5+ years of difficulties ? A Workbook with pages provided so you can record more information ? Biblical References support concepts on emotional well-being ? A How-to-Book useful for anyone at any time

As part of the incomparable Hazelden Meditations series, the daily readings in A Life of My Own ask us to truly reflect on our relationships with people in our lives who are dealing with alcoholism or other substance use and addiction—and more importantly, to establish and improve a relationship with ourselves. When we love people who use or abuse alcohol and other drugs, we can get so wrapped up in trying to understand and “fix” the addiction problem. It is easy to lose sight of ourselves and stop living our own lives. Designed for personal growth, this collection of readings by beloved recovery author Karen Casey inspires readers to invest in themselves again by addressing the feelings of desperation and frustration at the core of codependency. With the wisdom of Twelve Step principles, relatable anecdotes, and helpful recovery insights, readers can build a daily practice of reflection, inspiration, healing, and meditation. The simple, straightforward quotations and affirmations in A Life of My Own offer the strength and courage we all need for true freedom. Encouraging you to connect with your spiritual and emotional health—as well as build self-esteem, serenity, and acceptance—Casey reflects on the type of healing that helps us return to living.

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