

# Weekly Inspiration For American Indians In Recovery From Alcoholism

This book is a collection of weekly meditations and affirmations designed to help American Indians in recovery from alcoholism. The meditations and affirmations are based on the principles of the 12-step program and are written in a way that is both accessible and inspiring.



## The Way of Our People: Weekly Inspiration for American Indians in Recovery from Alcoholism

by Bob Haddad

★★★★★ 5 out of 5

Language : English  
File size : 1052 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 186 pages



The book is divided into 52 chapters, each of which contains a meditation and an affirmation. The meditations are designed to help readers connect with their spirituality, identify their triggers, and develop coping mechanisms. The affirmations are designed to help readers build self-esteem, positive thinking, and a sense of hope.

This book is a valuable resource for American Indians in recovery from alcoholism. It provides a source of support and inspiration that can help

readers stay sober and live a happy and fulfilling life.

## **Benefits of Reading This Book**

- Connect with your spirituality
- Identify your triggers
- Develop coping mechanisms
- Build self-esteem
- Develop positive thinking
- Gain a sense of hope

## **What Readers Are Saying**



***“ "This book has been a lifesaver for me. I've been sober for over a year now, and this book has helped me stay on track. The meditations and affirmations are so inspiring, and they've helped me to connect with my spirituality and develop a positive outlook on life." - Anonymous ”***

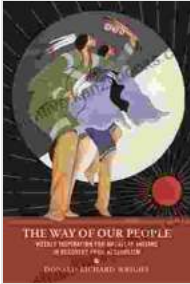


***“ "I'm so grateful for this book. It's helped me to understand my addiction and to find the strength to stay sober. The meditations and affirmations are so powerful, and they've helped me to change my life for the better." - Anonymous ”***

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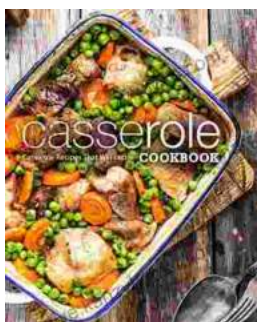


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