



## Today's Gift: Daily Meditations for Families (Hazelden Meditation Series)

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Each family member is both an individual and a part of a larger unit. The tensions and joys that can help a family care for all its members are explored in these 366 meditations that nurture family esteem and strengthen family bonds. These meditations help us consider topics like harmony, sharing, individuality, trust, privacy, and tolerance.

The readings in *Today's Gift* nurture self-esteem by encouraging discussion, self-expression, and respect. Insightful, challenging, and caring quotations--from ancient proverbs, nursery rhymes and cartoon characters, and from figures such as William Blake, Anne Frank, Tillie Olsen, Albert Einstein, Erma Bombeck, M. Scott Peck, and many more--are accompanied by a thoughtful reflection and an inspiring affirmation.

This is the book from which thousands enjoy a Thought for the Day each day on Hazelden's homepage.

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#### **Bill Dildy:**

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they undertaking activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the reserve untitled Today's Gift: Daily Meditations for Families (Hazelden Meditation Series) can be fine book to read. May be it is usually best activity to you.

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