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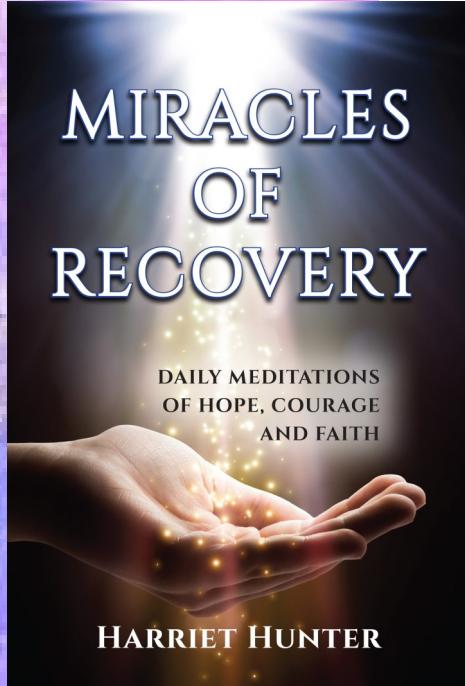
1,223 pages Kindle

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Health / Addiction

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# HEALTH / ADDICTION



[www.harriethunter.org](http://www.harriethunter.org)

## MIRACLES OF RECOVERY

Daily Meditations of Hope, Courage and Faith

Harriet Hunter

- Learn how to short-circuit pity, anger, and other emotions by employing a positive self-image and tactics learned in the book.
- Discover how to be awakened to your own strength, hope and courage one day at a time.
- Become aware of how the disease speaks to us through triggers that sets off the phenomena of craving.
- Develop the ability to recognize stinking-thinking and find encouraging ways to redirect your thoughts.
- Hear how a disease of perception affects each of us personally and learn through examples how thoughts determine our actions.
- Introduces through awareness, the resultant power within that takes hold of us when we become honest, open, and willing in all of our affairs.
- Encourages the reader to move out of their comfort zone and old ways of doing things.
- Seeks through awareness to open hearts for a natural enlightenment that comes with positive thinking and positive actions.
- Shows how, through increased conscious contact with a Higher Power, we bring ourselves into a balanced alignment of serenity.
- Asks that we trust without sight, our own personal unfolding as we change, through the fellowship and the work of the 12-Steps, beyond our comprehension.
- Discover truths about the effect of alcohol and drugs in ways not previously thought of.
- Become convinced beyond a doubt, that you are better than you ever imagined you could be!

### ABOUT THE AUTHOR

Genetics and environment helped to create a 30-year journey for Harriet into the darkness of sex, drugs, and alcohol, all of which stripped her of opportunities to succeed and rise out of her self-imposed hell. It took 30 years of trying to escape from reality to connect-the-dots to freedom, and to find hope sufficient to do better. Harriet now works with many women to find a peace within. She continues to facilitate meetings, brings hope to women incarcerated, and continues to sponsor both face-to-face and online, encouraging and giving to others.