**Daily Meditation Books**

[Daily Affirmations for Adult Children of Alcoholics](http://search.yahoo.com/r/_ylt=A0oGdWL1qkZO0XYAd1FXNyoA;_ylu=X3oDMTE1amRiYzR1BHNlYwNzcgRwb3MDNARjb2xvA3NrMQR2dGlkA1ZJUDA4Ml8yMTA-/SIG=134r6ge45/EXP=1313282933/**http%3a/www.amazon.com/Daily-Affirmations-Adult-Children-Alcoholics/dp/0932194273)

[Twenty-Four Hours A Day (Alcoholics Anonymous)](http://search.yahoo.com/r/_ylt=A0oGdWysq0ZOZ0kA66lXNyoA;_ylu=X3oDMTE1aHF2OHY1BHNlYwNzcgRwb3MDMQRjb2xvA3NrMQR2dGlkA1ZJUDA4Ml8yMTA-/SIG=1358o5en2/EXP=1313283116/**http%3a/www.amazon.com/Twenty-Four-Hours-Alcoholics-Daily-Meditation/dp/B002L93IO8)

[Each Day a New Beginning: Daily Meditations for Women](http://search.yahoo.com/r/_ylt=A0oGdd9brEZOqXAACmpXNyoA;_ylu=X3oDMTE1aHF2OHY1BHNlYwNzcgRwb3MDMQRjb2xvA3NrMQR2dGlkA1ZJUDA4Ml8yMTA-/SIG=12qc7vd7m/EXP=1313283291/**http%3a/www.amazon.com/Each-Day-New-Beginning-Meditations/dp/0894861611)

Meditations for Women Who Do Too Much [Paperback] by [Anne Wilson Schaef](http://www.amazon.com/Anne-Wilson-Schaef/e/B001H6RZ90/ref=ntt_athr_dp_pel_1)

One Day At a Time (Al-Anon)

Letting Go of Compulsive Eating: Twelve Step Recovery from Compulsive Eating

- Daily Meditations

[Keep It Simple: Daily Meditations For Twelve- Step Beginnings…](http://www.amazon.com/dp/0894866257/ref=rdr_ext_tmb)(Paperback)