**Daily Meditation Books**

[Daily Affirmations for Adult Children of Alcoholics](http://search.yahoo.com/r/_ylt%3DA0oGdWL1qkZO0XYAd1FXNyoA%3B_ylu%3DX3oDMTE1amRiYzR1BHNlYwNzcgRwb3MDNARjb2xvA3NrMQR2dGlkA1ZJUDA4Ml8yMTA-/SIG%3D134r6ge45/EXP%3D1313282933/%2A%2Ahttp%3A/www.amazon.com/Daily-Affirmations-Adult-Children-Alcoholics/dp/0932194273)

[Twenty-Four Hours A Day (Alcoholics Anonymous)](http://search.yahoo.com/r/_ylt%3DA0oGdWysq0ZOZ0kA66lXNyoA%3B_ylu%3DX3oDMTE1aHF2OHY1BHNlYwNzcgRwb3MDMQRjb2xvA3NrMQR2dGlkA1ZJUDA4Ml8yMTA-/SIG%3D1358o5en2/EXP%3D1313283116/%2A%2Ahttp%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%3DA0oGdd9brEZOqXAACmpXNyoA%3B_ylu%3DX3oDMTE1aHF2OHY1BHNlYwNzcgRwb3MDMQRjb2xvA3NrMQR2dGlkA1ZJUDA4Ml8yMTA-/SIG%3D12qc7vd7m/EXP%3D1313283291/%2A%2Ahttp%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%3Dntt_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%3Drdr_ext_tmb)(Paperback)