



# **Living the Promises: Coming to Life on the Road to Recovery**

*Jenifer Madson*

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*Living the Promises* is a personal, warm 365 reader includes quotes and exhortations, celebrations and lists of gratitude's, and all manner of real-life inspirations. Each month begins with a promise and each day explores that promise.

Jennifer Madson shares her ongoing story of recovery: what it was like, what happened, and what it is like now, not with "drunkalogues," but with stories and sayings and strategies that will help you or someone you know get sober, stay sober, and live a life of joy.

*Living the Promises* is the first meditation book to be based specifically on the 12 promises of the Big Book of Alcoholics Anonymous, and is the perfect daily guide for anyone in recovery seeking peace and healing. Among those promises are: "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. Our whole attitude and outlook upon life will change." —From *The Promises, Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism*, 3rd ed.



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