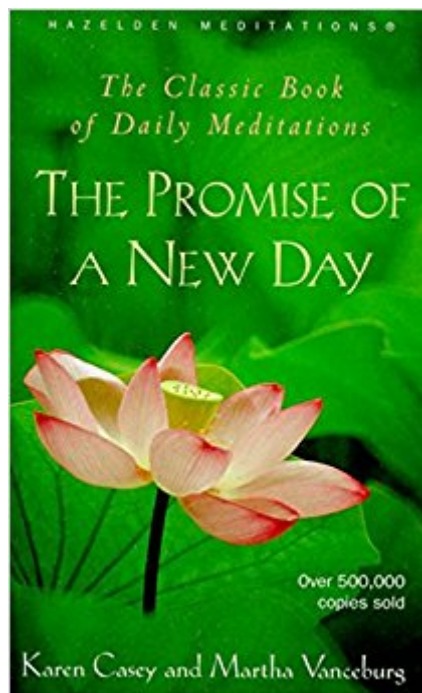




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The Promise Of A New Day: A Book Of Daily Meditations (Hazelden Meditations)



Synopsis

One of the World's Most Popular Collections of Daily Wisdom...To Help You Make the Most of Each and Every Day Every day -- happy or sad, challenging or just business-as-usual -- makes new demands on us. Each day brings new experiences, new tasks, and new rewards. As each day dawns, take a moment for quiet reflection and discover the promise of a new beginning and a fresh start full of optimism, hope, and joy. For more than a dozen years, The Promise of a New Day -- a very special collection of inspiring thoughts and wise meditations has offered thousands of people day-to-day wisdom and fresh viewpoints on life, adding a moment of inspiration and insight, a comforting thought, or a time for rest and relaxation to their days. Filled with the wisdom of inspirational thinkers from around the world-including Robert Bly, Dr. Joyce Brothers, Leo Buscaglia, Norman Cousins, Amelia Earhart, Robert Frost, Helen Keller, John Lennon, Shirley MacLaine, Will Rogers, and Mark Twain along with insightful reflections and reassuring thoughts, The Promise of a New Day will help you find the promise of peace, encouragement, and a fresh start in every day of your life.

Book Information

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Customer Reviews

Millions of people around the world spend a few moments in quiet reflection with Karen Casey every day. Karen is the best-selling author of *Each Day a New Beginning*, the first daily meditation book written expressly for women in recovery from addiction. Published in 1981, *Each Day a New*

Beginning has sold more than three million copies and has been translated into ten different languages. Over the years, readers around the world have come to regard Karen as a trusted companion on the recovery journey. Among her other best-selling inspirational books are Keepers of the Wisdom, A Woman's Spirit, Fearless Relationships, and A Life of My Own. In her newest book, Serenity (Hazelden, 2007), Karen shares favorite passages that gently convey simple lessons for living with greater peace, hope, and trust. Karen enjoys golfing and riding her Harley with her husband. She lives in Minneapolis, Minnesota, and Naples, Florida. --This text refers to an alternate Paperback edition.

Introduction It takes strength to step enthusiastically into each day of our lives. This strength comes more readily on some days than on others, but every day makes demands on us. Personal experience has taught us that centering ourselves in the face of these demands smoothes our passage. To get centered means to sense our place in the grand scheme and to trust the rightness of all experiences that beckon. It is our hope that these brief daily meditations will help you find your place, and thus help you summon the forces to see you through the days ahead. We both follow a Twelve Step program for sane living, and openness is an integral part of this approach. Healing, help, and wisdom may come from anywhere so we gathered these quotations from men and women of many lands and times, and let them stimulate our own reflections. Taking responsibility for our own lives, trusting in the rightness of a plan--however we may define the higher power that is its source, and nurturing ourselves to be the best we can; these are the tasks that renew our energies even as we perform them. The words we have chosen remind us that women and men in every place and time have pondered, struggled, succeeded, and failed in much the same way as we. In every case, they had the drive to begin their journeys anew, day after day. They are like all of us. We are like all of them: journeying forth courageously one day, tentatively the next. The real importance of the journey is simply that we're making it, alone and yet mysteriously together.

— the authors January 1 One faces the future with one's past.

— Pearl S. Buck

We are never divorced from our past. We are in company with it forever, and it acquaints us with the present. Our responses today reflect our experiences yesterday. And those roots lie in the past. Every day is offering us preparation for the future, for the lessons to come, without which we'd not offer our full measure to the design which contains the development of us all. Our experiences, past and present, are not coincidental. We will be introduced to those experiences that are consistent with our talents and the right lessons designated for the part we are requested to play in life. We can remember that no experiences will attract us that are beyond our capabilities to handle.

All is well. I'm ready for whatever comes today. My yesterdays have prepared me. January 2 One cannot collect all the beautiful shells on the beach, one can collect only a few. —Anne Morrow Lindbergh Our lives are a series of selections. We select projects to do, activities to participate in, friendships to cultivate. And often we'll have to forego some of the selections we've made because time and energy run out. Full commitment, total involvement with singular activities and few friendships, is far better than partial attention to many. Rapt attention to the moment and all of whatever it contains enriches our lives; nothing less than full attention can do so. The talents we each have been blessed with can only be developed if we use them fully to benefit the lives of others as well as our own. Thus, when our selections are vast, our attention is sporadic and our talents aren't fully developed. The fullness of our lives individually and collectively is proportionate to the depth of the relationships developed between ourselves, our friends, and our activities. I can't be everywhere today. Nor can I attend to the needs of everybody I meet. I will carefully choose where to give my attention and then offer it totally. January 3 . . . goodness cannot adopt the form of blind passions, even in the act of defense and offense, and even when it refuses to tolerate evil. . . . —Benedetto Croce Willful blindness can't be good. To shut out any sight from the mind's eye is to exclude part of life. Any action blindly taken is likely to do unintentional harm. It's not easy, when we're in the grip of any strong feeling, to stop ourselves from acting on blind impulse. It's not easy, but it's wise. Yielding to an impulse, without giving ourselves time to "see" it through clearly, can set us up for guilt or regret. We needn't know everything in order to act; we merely need to know ourselves. "Blind passion" hides most of ourselves from view. Passion may move us to great selflessness, but never to great clarity, and good actions come from the clear-seeing soul. I can trust myself to mistrust blind passion, and to wait for clarity before I take action. ©2008. All rights reserved. Reprinted from *The Promise of a New Day* by Karen Casey, Martha Vanceburg. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the written permission of the publisher. Publisher: Hazelden Publishing, PO Box 176, Center City, MN 55012-0176. --This text refers to an alternate Paperback edition.

This is My Third Copy. (One for RV and downloaded iPad) My all time favorite Daily Reading Book. Timeless really. Each day starts with a quote from very inspiring authors throughout the ages. Then analyzes and lastly thought for the day. I like that the premise that you can decide how to view your day and make changes for the good. Hope, improvement, kindness Also, I like that religion is not crammed down your throat. —

This is a gentle little gem. Small thoughts, with big meaning. I love it.

I've read this book for years. My Dad 1st gave it to me and together we can discuss daily readings as a way to keep in touch despite living far apart. It is a great connector. Each year the daily message means something different depending on what is happening in your life. I've chosen to give this book to others knowing that we are each sharing a connection each day as we read the daily meditation. It's a great daily uplift!

I Love this Book. I have received it as a gift about 6months ago and I liked it so much and shared with friends and co-workers different pages that I bought 3 books. Gave 2 of them as gifts to co-workers and 1 to a friend. They enjoy it as well. Somedays its exactly what I needed to hear by reading it daily. I'm so glad I h=found it on that I am going to purchase more and spread the word of this amazing writer.

One of my all time favorite "go to" books. I will never tire of it. We can all use a message daily, weekly or whenever to remind of one little thing that we can work on or think about for a few moments. This book helps bring you to the precious present moment in your head, and even if it only lasts in your thoughts for a minute, that's enough. I love this book. It is also a great gift.

The book is excellent and I've been gifting it for years, but the used one I bought reeked so bad from smoke I had to throw it away. If it's used and has smoke damage it should be noted. The reason I ordered the used book is because I liked the paper and printing better then the new version!

I have owned this book for over 25 years personally and have suggested and ordered it for many of my friends and family members along the way. Actually most of the copies I have ordered were a result of someone seeing my copy which is on my living room table as I read from it every morning. I have given it as gifts and to people who have requested a copy of their own or have asked me where they could get a copy. The cover has changed, but the messages are the same. I have found these daily readings to be very helpful and they seem to keep addressing just what I need to stay in touch with my inner soul. It amazes me how a daily reading from this book always seems to address either what is going on for that day or just what I need to personally address that day. Margaret

My mother gave me this book years ago on the day I started college. I have read it every year since, and each year I get more and more out of it. The meditations are thoughtful and easy to relate to. I have read them to all of my friends on days when they really need a pick-me-up or a new perspective on a personal situation. Great book!

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