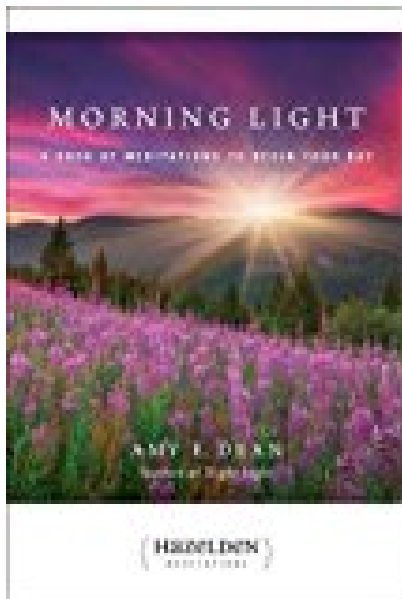


Morning Light A Book of Meditations to Begin Your Day Hazelden Meditations



BOOK DETAILS

- Author : Amy E Dean
- Pages : 400 Pages
- Publisher : Hazelden Publishing
- Language : English
- ISBN : 1616491086

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BOOK SYNOPSIS

A book of fresh meditations, Morning Light offers beautifully written bursts of inspiration to help you begin each day with renewed self-confidence and serenity. Amy Dean brings the comfort and courage offered in her top-selling meditation book Night Light to this companion for the morning hours, helping devoted fans and new readers start their day on a bright and positive note. Written in her signature personable style, these sensitively chosen quotations, inspiring reflections, and simple prayers work together to make each day of the year one to look forward to. About the author Amy Dean is the best-selling author of several meditation books, including the companion book Night Light, and is an in-demand speaker on recovery topics and self-esteem.

MORNING LIGHT A BOOK OF MEDITATIONS TO BEGIN YOUR DAY

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