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This is a book of 366 daily meditation readings related to the Emotions Anonymous (EA) program, written by Emotions Anonymous members. It focuses on traditional twelve-step themes such as acceptance, making choices, confronting fears, not trying to control others, the concept of a Higher Power, love, meditation, learning to use emotions as assets rather than allowing them to become liabilities, positive attitudes, taking risks, self-acceptance, surrender and trust." *from C. Talbert*



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