

# Hazelden Publishing

Spring 2012



# Introducing the groundbreaking “Almost Series,” books offering practical, self-assessments for working through common life issues

## Almost Alcoholic

Is My (or My Loved One’s) Drinking a Problem?

**Robert Doyle, MD, Harvard Medical School, and Joseph Nowinski, PhD**

Determine if your drinking is a problem, develop strategies for curbing your intake, and measure your progress with this practical guide to taking care of yourself.

Every day, millions of people drink a beer or two while watching a game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics—people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call “Almost Alcoholics,” a growing number of people whose excessive drinking contributes to a variety of problems in their lives.

In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski provide the tools to

- identify and assess your patterns of alcohol use;
- evaluate its impact on your relationships, work, and personal well-being;
- develop strategies and goals for changing the amount and frequency of alcohol use;
- measure the results of applying these strategies; and
- make informed decisions about your next steps.

**April 2012**

Self-Help

Softcover, 5-3/8 x 8-3/8, 250 pp.

ISBN 978-1-61649-159-8, 3842

A nationally recognized expert on alcoholism, **Robert Doyle, MD**, is a clinical instructor in psychiatry at Harvard Medical School and is on the medical staff at Harvard’s prestigious teaching hospital, Massachusetts General Hospital.

Clinical psychologist **Joseph Nowinski, PhD**, is a columnist for the *Huffington Post* and works in private practice.

## Almost a Psychopath

Do I (or Does Someone I Know) Have a Problem with Manipulation and Lack of Empathy?

**Ronald Schouten, MD, JD, Harvard Medical School, and James Silver, JD**

Do you know someone who is too manipulative and full of himself? Does someone you know charm the masses yet lack the ability to deeply connect with those around her?

Grandiosity and exaggerated self-worth. Pathological lying. Manipulation. Lack of remorse. Shallowness. Exploitation for financial gain. These are the qualities of Almost Psychopaths. They are not the deranged criminals or serial killers that might be coined “psychopaths” in the movies or on TV. They are spouses, coworkers, bosses, children, neighbors, and people in the news who exhibit many of the same behaviors as a full-blown psychopath, but with less intensity and consistency.

In *Almost a Psychopath*, Ronald Schouten, MD, JD, and James Silver, JD, draw on scientific research and their own experiences to help you identify if you are an Almost Psychopath and, if so, guide you to interventions and resources to change your behavior.

If you think you have encountered an Almost Psychopath, they offer practical tools to help you

- recognize the behavior, attitudes, and characteristics of the Almost Psychopath;
- make sense of interactions you’ve had with Almost Psychopaths;
- devise strategies for dealing with them in the present; and
- make informed decisions about your next steps.

**June 2012**

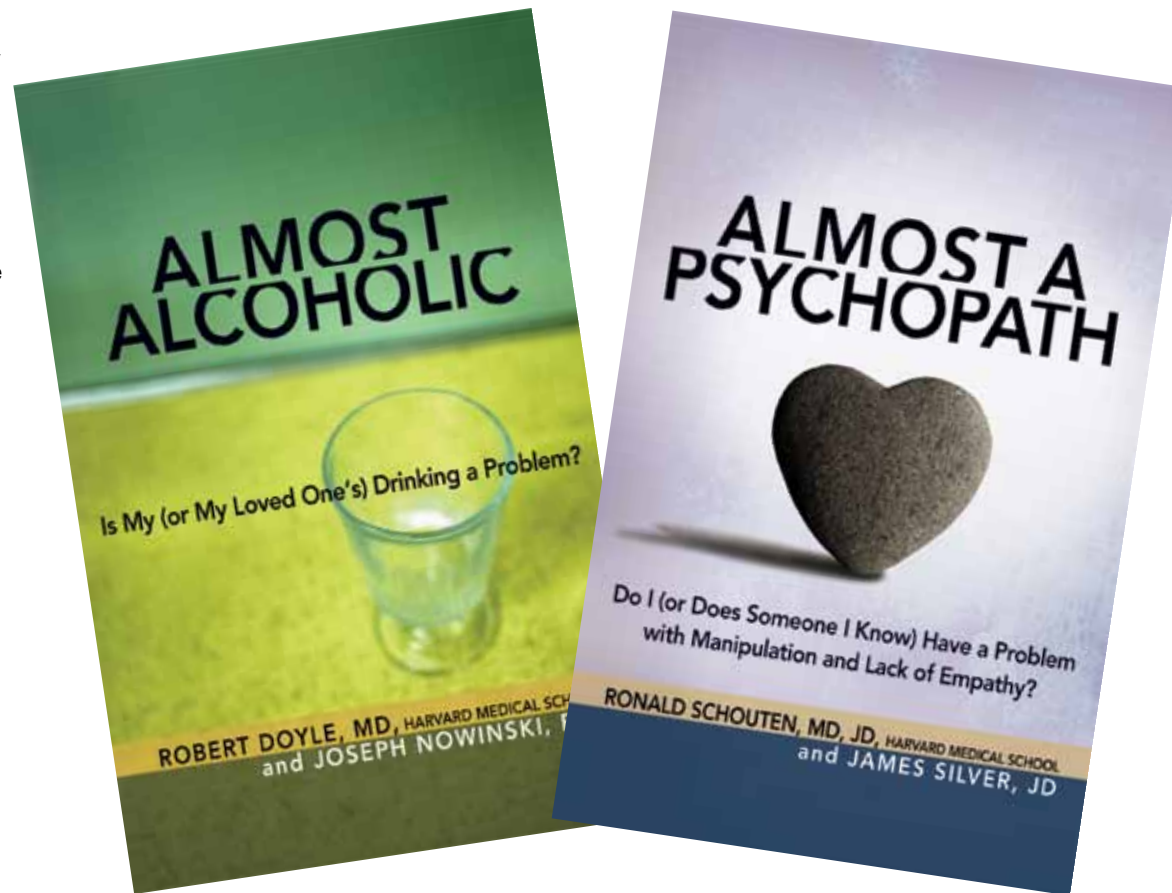
Self-Help

Softcover, 5-3/8 x 8-3/8, 250 pp.

ISBN 978-1-61649-102-4, 4158

**Ronald Schouten, MD, JD**, has assessed individuals ranging from victims of child abuse, domestic violence, and other trauma to mass murderers. He is currently on staff at Harvard Medical School.

**James Silver, JD**, is a former federal prosecutor and current criminal defense attorney who has tried cases and handled appeals on offenses spanning the gamut of illegal behavior, from shoplifting to murder.

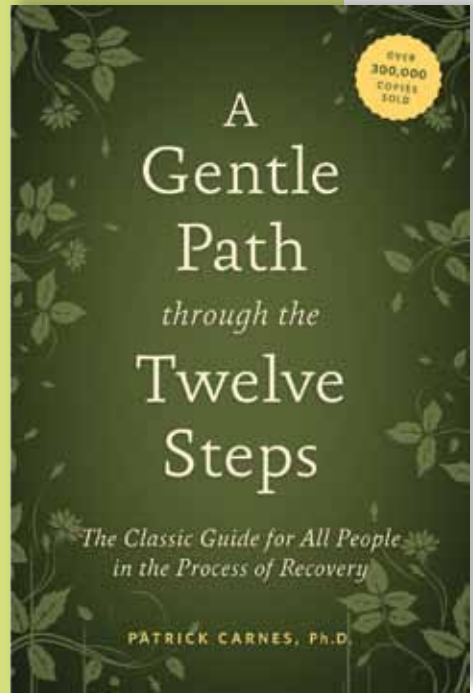


JUNE 2012  
RECOVERY/TWELVE STEPS  
SOFTCOVER, 6 X 9, 340 pp.  
2558  
ISBN 978-1-59285-843-9

## A GENTLE PATH THROUGH THE TWELVE STEPS

The Classic Guide for All People in the Process of Recovery

Updated and Expanded  
*Patrick Carnes, Ph.D.*



.....  
A revised and expanded edition of the recovery classic by Patrick Carnes, Ph.D., that has sold more than 300,000 copies to date  
.....

“The Twelve Steps tap into the essential human process of change and will be regarded as one of the intellectual and spiritual landmarks in human history.”

—Patrick Carnes

It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote *A Gentle Path through the Twelve Steps*, now a recovery classic and self-help staple for anyone looking for guidance through life’s hardest challenges.

Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps. With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment, Carnes’s new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery.

“A treasure chest, a rich and powerful resource for anyone working a Twelve Step program.”

—Wendy Maltz, M.S.W.

“This book emphasizes the common themes at the heart of all Twelve Step fellowships and offers an especially clear explanation of what ‘working the program’ means.”

—Claudia Black, Ph.D.

## A GENTLE PATH THROUGH THE TWELVE PRINCIPLES

Living the Values Behind the Steps

*Patrick Carnes, Ph.D.*

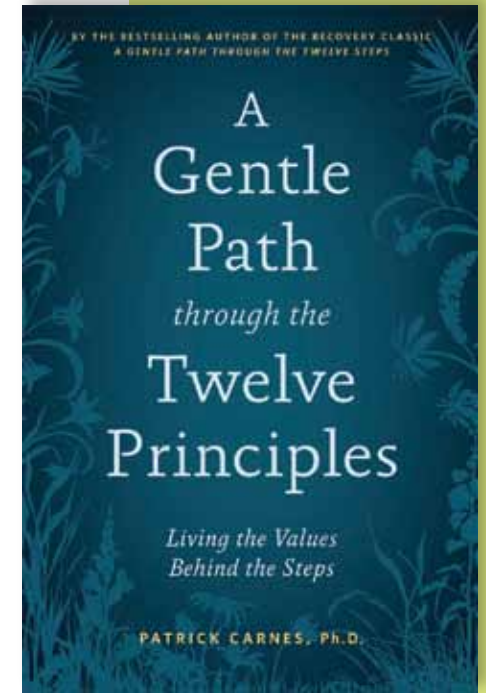
.....  
Renowned addiction expert Patrick Carnes, Ph.D., author of *A Gentle Path through the Twelve Steps*, outlines twelve guiding principles to help those in recovery develop an essential skill set for life.  
.....

Twelve Steps. Twelve Traditions. And yes, Twelve Principles. The Steps outline the actions that lead to extraordinary healing. The Traditions exist as guides to the functioning of the Fellowship. Embedded in both is a series of principles by which to measure your progress.

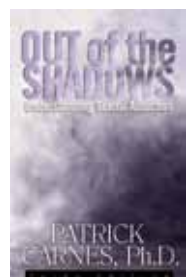
Anyone who lives a Twelve Step way of life will recognize the principles passed on in *A Gentle Path through the Twelve Principles*. They have existed among fellowships as a hidden curriculum of fundamental truths about recovery for decades, but never before have they been distilled into a succinct set of values that, when practiced, help each of us develop an essential skill set for life. The principles—such universal touchstones for human self-realization as acceptance, awareness, responsibility, openness, honesty, courage, commitment, and meaning—are concepts that enable a deep inner study and focus to make a new life happen in recovery.

Recovery means reengineering your life with a focus on renewal. The Twelve Principles are designed to help you get there.

JUNE 2012  
RECOVERY/TWELVE STEPS  
SOFTCOVER, 6 X 9, 280 pp.  
2557  
ISBN 978-1-59285-841-5

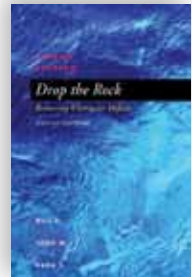


**Patrick Carnes, Ph.D.**, is a nationally known authority on addiction and recovery issues. He has authored several books, including *Sexual Anorexia: Overcoming Sexual Self-Hatred* and the best-selling *Out of the Shadows: Understanding Sexual Addiction*. Dr. Carnes is clinical director of sexual disorders at The Meadows in Wickenburg, Arizona.



Also of interest...  
**OUT OF THE SHADOWS**  
Understanding Sexual Addiction  
*Patrick Carnes, Ph.D.*

TRADE PAPER  
ISBN 978-1-56838-621-8, 1853



Also of interest...  
**DROP THE ROCK**  
Removing Character Defects  
*Bill P., Todd W., and Sara S.*

TRADE PAPER  
ISBN 978-1-59285-161-4, 4291

**JUNE 2012**  
SELF-HELP/PARENTING  
SOFTCOVER, 5-3/8 X 8-3/8, 250 pp.  
4208  
ISBN 978-1-61649-204-5

# MOVERS, DREAMERS, AND RISK-TAKERS

## Unlocking the Power of ADHD

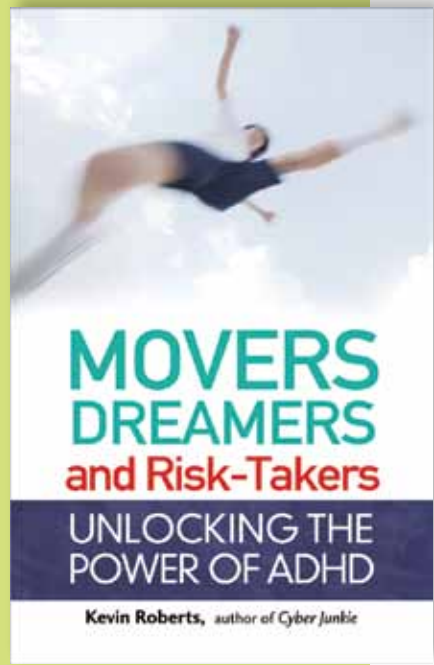
*Kevin Roberts*

.....  
Learn to tap into the skills and talents unique to those with ADHD and enhance your ability to succeed socially, academically, and in your career  
.....

An inability to focus, impulsiveness, misbehavior, frequent daydreaming, and a predisposal to addiction are frequently referenced traits of attention-deficit/hyperactivity disorder (ADHD). But what about the gifts of ADHD? In *Movers, Dreamers, and Risk-Takers*, Kevin Roberts, author of *Cyber Junkie*, takes a fresh approach to this much-written-about topic to help those with ADHD—and their parents, teachers, and friends—tap into the hidden strengths and actual advantages inherent in the ADHD personality.

Those with ADHD have a predisposition to confronting the challenges of life and a deep preference for perceiving the world creatively. Roberts helps readers appreciate how the perceptual, interpersonal, and cognitive differences of “ADHDers” can be translated into unique skills and talents that can enhance their ability to be successful socially, academically, and in their careers.

Roberts combines the latest research with personal stories, as well as insights born from his work with those with ADHD. He shows readers how to get past the stigma of this condition to eventually turn what have been seen as “symptoms” into character strengths and creative ways to make life richer.



**Kevin Roberts** is a teacher and ADHD coach with a master’s degree in ADHD studies. He is also the author of *Cyber Junkie: Escape the Gaming and Internet Trap*.



*Also of interest...*  
**CYBER JUNKIE**  
Escape the Gaming and Internet Trap  
*Kevin Roberts*

**TRADE PAPER**  
ISBN 978-1-59285-948-1, 2871

# WHAT’S WRONG WITH MY KID?

## When Drugs or Alcohol Might Be a Problem and What to Do about It

*George E. Leary Jr.*

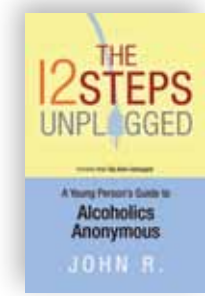
.....  
A down-to-earth, judgment-free guide for parents on recognizing the warning signs of alcohol and drug use in their kids, and getting them the help they need to grow and flourish  
.....

Raising a teenager is tough, but when you suspect that your kid is abusing substances, and is possibly addicted, it can feel unmanageable—and it can be hard to know where to find sound advice. You are not alone.

Author George E. Leary Jr. was a longtime youth social worker when his eldest son became an addict. Through this heart-wrenching experience, he changed his life’s path and committed to working with teens with substance abuse problems. In this straightforward and compassionate guide, he applies his personal experience and expertise to explain

- the warning signs of alcohol or drug addiction;
- how to intervene and find treatment for both the teen and the family;
- the nature and biology of addiction, and its cause and effects on developing brains and bodies;
- the co-occurring mental health issues common to teenagers;
- the role of family in enabling behavior;
- the types of treatment, including the Twelve Step model; and
- the role of drugs and alcohol in increasing teen suicide rates.

*What’s Wrong with My Kid?* reveals that you aren’t alone and that steps can be taken to put your family back together.



*Also of interest...*  
**THE 12 STEPS UNPLUGGED**  
A Young Person’s Guide to Alcoholics Anonymous  
*John R.*

**TRADE PAPER**  
ISBN 978-1-61649-110-9, 4893

**MAY 2012**  
PARENTING  
TRADE PAPERBACK, 6 X 9, 288 pp.  
4162  
ISBN 978-1-61649-119-2



**George E. Leary Jr.** provides mental health services to addicts and those living with HIV/AIDS. He established and operated two recovery houses in Baltimore, Maryland, and served for nine years on a mobile crisis intervention team.

APRIL 2012  
SELF-HELP/RECOVERY  
TRADE PAPERBACK, 5 X 7-3/8, 200 pp.  
4209  
ISBN 978-1-61649-205-2



## SIX ESSENTIALS TO ACHIEVE LASTING RECOVERY

*Sterling T. Shumway, Ph.D., L.M.F.T., and Thomas G. Kimball, Ph.D., L.M.F.T.*

.....  
This book discusses six guiding principles to lasting recovery from addiction to alcohol and other drugs— why they're important, how they relate to the Twelve Steps, and why they work  
.....

Anyone who has recovered from addiction to drugs or alcohol knows that getting sober is only the beginning. Working the Steps, patching life back together, and living sober are where the real work lies. While the Twelve Steps provide a program of lifelong recovery, recovery experts Sterling Shumway and Thomas Kimball have identified six essential values, or principles, that reinforce the Steps and that are key to achieving lasting recovery:

- Hope: a reawakening after despair; to live with greater confidence
- Healthy Coping Skills: managing the pain and stress of life
- Sense of Achievement and Accomplishment: moving beyond the limits of addiction toward personal goals
- Capacity for Meaningful Relationships: the positive support and connection with family and peers
- Reclamation of Agency: the internal knowledge that you have choices in your behavior
- Unique Identity Development: the emergence of a unique positive identity

Using their research, personal stories, and guided journals and exercises, Shumway and Kimball thoroughly unlock these complex principles for recovering addicts and their families, and provide practical steps for applying them to a long-term recovery program.



*Also of interest...*  
**PASSAGES THROUGH RECOVERY**  
An Action Plan for Preventing Relapse  
*Terence T. Gorski*  
**TRADE PAPER**  
ISBN 978-1-56838-139-8, 5687

## LIVING THE TWELVE TRADITIONS IN TODAY'S WORLD

Principles Before Personalities

*Mel B. and Michael Fitzpatrick*

.....  
A gripping exploration of the history of the Twelve Traditions of Alcoholics Anonymous and their relevance and applicability today  
.....

Today, almost everywhere you turn, celebrity misadventures with alcohol and drug use, overdoses, and relapses are splashed across the headlines. Although this spate of media attention has made the public increasingly aware of the dangers of drinking and drugging, what does this mean for Alcoholics Anonymous (AA) and similar Twelve Step programs that were founded on Traditions such as anonymity and not drawing the AA name into public controversy?

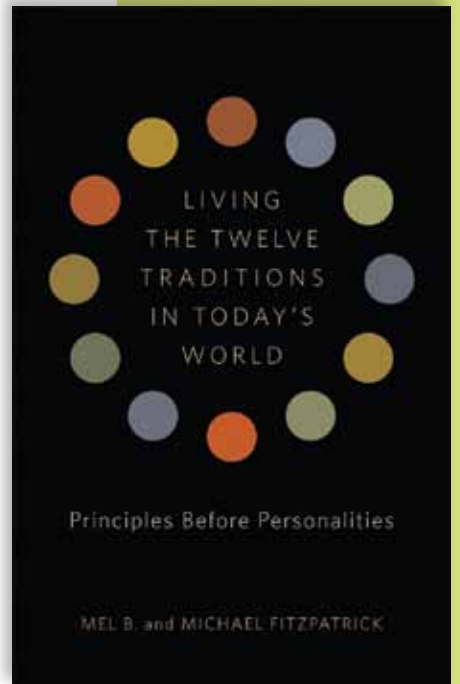
In *Living the Twelve Traditions in Today's World*, seasoned writer and AA historian Mel B. uses transcripts of speeches by Bill W. and original documents chronicling the development of the Twelve Traditions to examine their importance to the survival, integrity, and success of AA and other Twelve Step organizations. Popular speaker and archivist Michael Fitzpatrick then looks at the relevance of each of the Traditions in the twenty-first century.

Together, Mel B. and Michael Fitzpatrick explore what aspects of the Traditions hold strong and what aspects have evolved since they were formally adopted at the First International AA Convention in 1950. In the end, they find strength and hope in a radical organizational model and culture born from a lasting concept: principles before personalities.



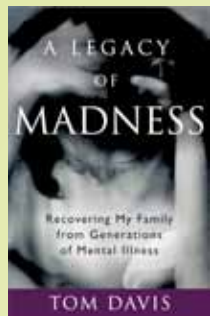
*Also of interest...*  
**TWELVE STEPS AND TWELVE TRADITIONS**  
**TRADE PAPER**  
ISBN 978-0-91685-629-8, 2081S  
**HARDCOVER**  
978-0-91685-601-4, 2080S

MAY 2012  
SELF-HELP/TWELVE STEPS  
TRADE PAPERBACK, 5-3/8 X 8-3/8, 250 PP.  
4174  
ISBN 978-1-61649-196-3



**Mel B.** is a longtime AA member and the author of many classic recovery titles, including *My Search for Bill W.* and *Walk in Dry Places.*

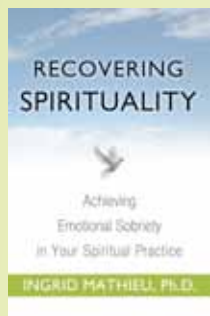
**Michael Fitzpatrick** is one of the leading historians specializing in the development of the Twelve Step movement. He has worked with authors and movie producers, providing material for their work, and is the co-author of *1,000 Years of Sobriety.*



**A LEGACY OF MADNESS**  
Recovering My Family from Generations of Mental Illness  
**Tom Davis**

TRADE PAPER  
MEMOIR/AUTOBIOGRAPHY  
ISBN 978-1-61649-121-5, 3897

The loving story of a family coming to grips with its own fragilities, *A Legacy of Madness* relays the author's personal journey to uncover, and ultimately understand, the history of mental illness that led generations of his suburban American family to their demise.



**RECOVERING SPIRITUALITY**  
Achieving Emotional Sobriety in Your Spiritual Practice  
**Ingrid Mathieu, Ph.D.**

TRADE PAPER  
ADDICTION/RECOVERY/SPIRITUALITY  
ISBN 978-1-61649-089-8, 4756

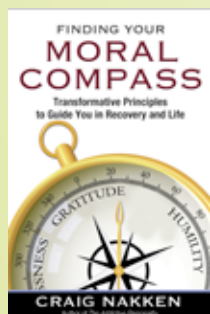
For those of us disposed to addiction, it can be easy to get so caught up in the abundant joys of a spiritual life that we experience "spiritual bypass"—the use of spirituality to avoid dealing with ourselves, our emotions, and our unfinished business. In *Recovering Spirituality*, Ingrid Mathieu, Ph.D., teaches us how to grow up emotionally without turning away from the true benefits of a spiritual program.



**MORNING LIGHT**  
A Book of Meditations to Begin Your Day  
**Amy E. Dean, author of Night Light**

TRADE PAPER  
MEDITATION/SPIRITUALITY  
ISBN 978-1-61649-108-6, 4897

Amy E. 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.



**FINDING YOUR MORAL COMPASS**  
Transformative Principles to Guide You in Recovery and Life  
**Craig Nakken, author of The Addictive Personality**

TRADE PAPER  
RECOVERY  
ISBN 978-1-59285-870-5, 7459

Craig Nakken, author of the best-selling book *The Addictive Personality*, gives readers in recovery the models and tools needed to make life decisions in the pursuit of good using the Twelve Steps as a guide. He offers 41 universally accepted principles, paired as negative and positive counterparts that guide behavior.

Many people with PTSD struggle to make it through each day as sights, sounds, and smells bring their most harrowing experiences front and center, to be relived again and again. Through moving firsthand accounts, three veterans of war, a survivor of Hurricane Katrina, and a victim of childhood sexual abuse share their stories of trauma, revealing the struggles they faced later in life and how they eventually worked toward positive change and healing.

**5 SURVIVORS**  
Personal Stories of Healing from PTSD and Traumatic Events  
**Tracy Stecker, Ph.D.**

TRADE PAPER  
SELF-HELP/TRAUMA  
ISBN 978-1-61649-093-5, 3859

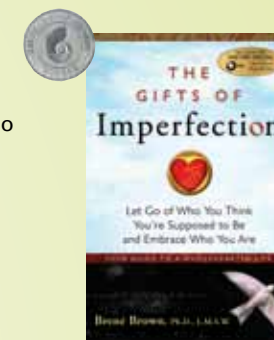


"Brown urges us to expose and expel our insecurities in order to have the most fulfilling life possible. Her latest is a guidebook for pilgrims on the journey to wholehearted living, which she defines as containing courage, compassion, deliberate boundaries, and connection."

—Publishers Weekly

**THE GIFTS OF IMPERFECTION**  
Let Go of Who You Think You're Supposed to Be and Embrace Who You Are  
**Brené Brown, Ph.D., L.M.S.W.**

TRADE PAPER  
SELF-HELP/EMOTIONAL HEALTH  
ISBN 978-1-59285-849-1, 2545



"What distinguishes *Diary of an Alcoholic Housewife* from the rest of the genre is Wilhelmson's clear-eyed, non-maudlin prose, which is strongly reminiscent of that other journalist-turned-memoirist Joan Didion."

—Monica Westin, *Newcity*

**DIARY OF AN ALCOHOLIC HOUSEWIFE**  
**Brenda Wilhelmson**

TRADE PAPER  
SELF-HELP/RECOVERY  
ISBN 978-1-61649-086-7, 4751



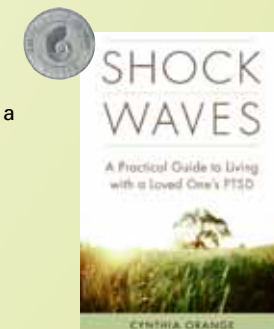
*Diary of an Alcoholic Housewife* chronicles one housewife's struggles of finding a meeting she could look forward to, relating to her fellow alcoholics, and finding a sponsor with whom she connected.



*Shock Waves* is for those who love someone suffering from post-traumatic stress disorder (PTSD), an often debilitating anxiety disorder common among soldiers and other trauma survivors. PTSD expert and award-winning author Cynthia Orange shows readers how to recognize the symptoms of PTSD, to manage their reactions to a loved one's rage, to find professional help, and to protect their children from secondary trauma.

**SHOCK WAVES**  
A Practical Guide to Living with a Loved One's PTSD  
**Cynthia Orange**

TRADE PAPER  
SELF-HELP/FAMILIES  
ISBN 978-1-59285-856-9, 2602



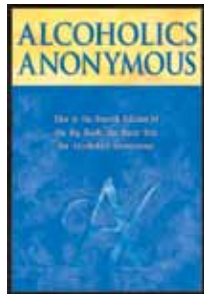


**TWENTY-FOUR HOURS A DAY**

With more than nine million copies in print, this stable force in the recovery of many alcoholics offers daily thoughts, meditations, and prayers for living a clean-and-sober life.

**TRADE PAPER (pictured)**  
ISBN 978-0-89486-834-4, 5093

**HARDCOVER**  
ADDICTION/RECOVERY/SELF-HELP  
ISBN 978-0-89486-012-6, 1050



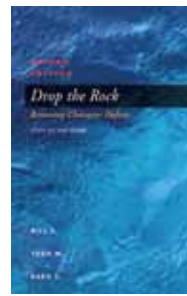
**ALCOHOLICS ANONYMOUS**  
FOURTH EDITION

AA General Service Conference-Approved Literature

The Big Book sets forth the cornerstone concepts of recovery from addiction and shares the stories of men and women who have overcome the disease.

**TRADE PAPER**  
ISBN 978-1-89300-717-8, 2053S

**HARDCOVER (pictured)**  
ADDICTION/RECOVERY/SELF-HELP  
ISBN 978-1-89300-716-1, 2021S



**DROP THE ROCK**  
Removing Character Defects

SECOND EDITION

**Bill P., Todd W., and Sara S.**

Personal stories and powerful insights help readers move through the resentment, fear, anger, and intolerance that can sink recovery.

**TRADE PAPER**  
ADDICTION/SELF-HELP  
ISBN 978-1-59285-161-4, 4291



**TWELVE STEPS AND TWELVE TRADITIONS**

AA General Service Conference-Approved Literature

Expands on the fundamental principles of AA in elegantly simple and honest prose.

**TRADE PAPER**  
ISBN 978-0-91685-629-8, 2081S

**HARDCOVER**  
ADDICTION/RECOVERY/SELF-HELP  
ISBN 978-0-91685-601-4, 2080S



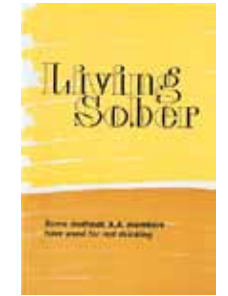
**THE LITTLE RED BOOK**

Practical advice for those early days of living sober and working the Twelve Steps.

**TRADE PAPER**  
ISBN 978-0-89486-985-3, 1034

**HARDCOVER**  
ISBN 978-0-89486-004-1, 1030

**STUDY GUIDE (pictured)**  
ADDICTION/SELF-HELP  
ISBN 978-1-56838-283-8, 1028



**LIVING SOBER**  
AA General Service Conference-Approved Literature

This powerful little book offers the recovering alcoholic sound advice on how to stay sober. Practical, hour-by-hour methods can be used at home, at work, and at social gatherings.

**TRADE PAPER**  
ADDICTION/RECOVERY  
ISBN 978-0-91685-604-5, 2150S



**THE BOOK THAT STARTED IT ALL**

The Original Working Manuscript of *Alcoholics Anonymous*

With essays and notes by leading AA historians

In this remarkable coffee-table book, the opinions, debates, and discussions of what went into making the Big Book are shown in their original black, green, and red markings.

**HARDCOVER**  
ADDICTION/RECOVERY  
ISBN 978-1-59285-947-4, 2870

“While undoubtedly spiritual, the manuscript includes edits that reveal a profound debate 75 years ago about how overtly to talk about God.”

—James Estrin,  
*The New York Times*

“It’s a rare glimpse into the inner-workings of an organization that was shrouded in mystery . . . but remains the dominant force in addiction recovery.”

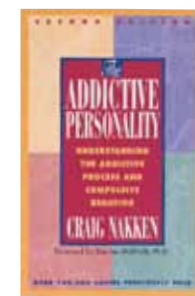
—Leanne Italie,  
*Associated Press*



**KEEP IT SIMPLE**  
Daily Meditations for Twelve-Step Beginnings and Renewal

These meditations focus on the Twelve Steps, stressing the importance of putting into practice new beliefs, slogans, and fellowship.

**TRADE PAPER**  
ADDICTION/RECOVERY/SPIRITUALITY  
ISBN 978-0-89486-625-8, 5066



**THE ADDICTIVE PERSONALITY**  
Understanding the Addictive Process and Compulsive Behavior

SECOND EDITION

**Craig Nakken**  
Foreword by **Damian McElrath, Ph.D.**

The origins of addiction, how society abets the problem, and the inner workings of the addictive mind are explored.

**TRADE PAPER**  
ADDICTION/RECOVERY/SELF-HELP  
ISBN 978-1-56838-129-9, 5221



**ADDICTIVE THINKING**  
Understanding Self-Deception

SECOND EDITION

**Abraham J. Twerski, M.D.**  
Break patterns and get to the bottom of the self-defeating thinking that fuels addiction.

**TRADE PAPER**  
ADDICTION/RECOVERY/SELF-HELP  
ISBN 978-1-56838-138-1, 5688



**A DAY AT A TIME**  
Daily Reflections for Recovering People

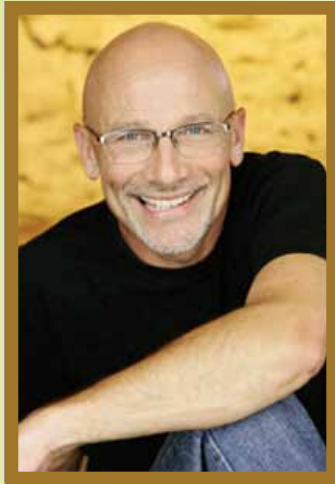
These daily reflections and prayers offer inspiration, comfort, and hope to those recovering from addictions.

**TRADE PAPER (pictured)**  
ISBN 978-1-56838-036-0, 7602

**HARDCOVER**  
ISBN 978-1-56838-048-3, 0018

**SPANISH, TRADE PAPER**  
ADDICTION/RECOVERY/SPIRITUALITY  
ISBN 978-1-59285-734-0, 4736

Allen Berger



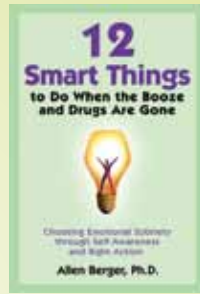
Allen Berger, Ph.D., is a practicing psychologist and is a popular name and speaker in the recovery circuit.



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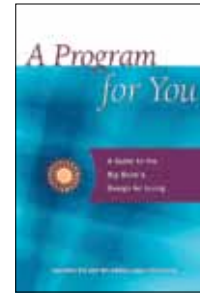
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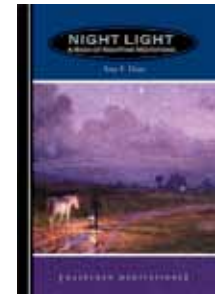
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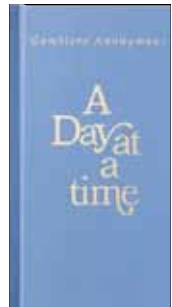
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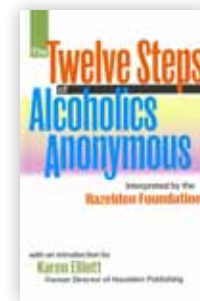
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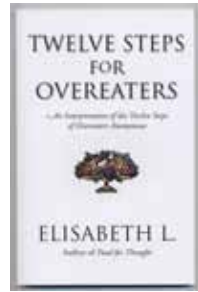
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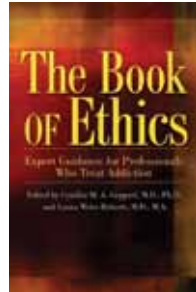


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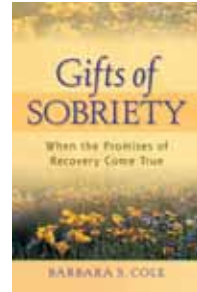
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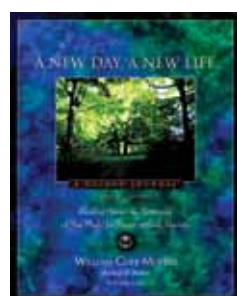
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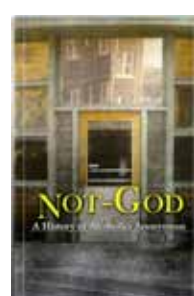
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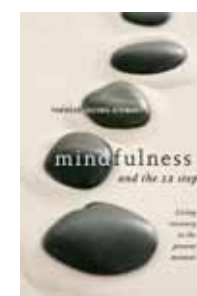


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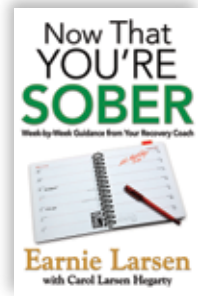
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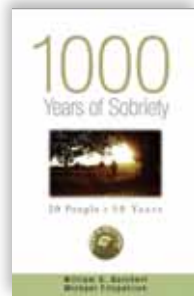
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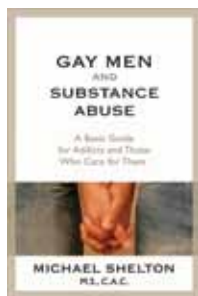
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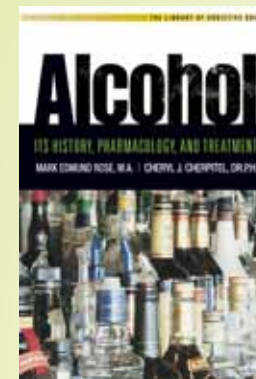
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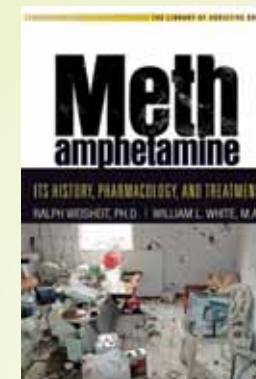
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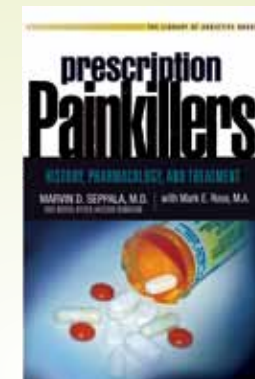
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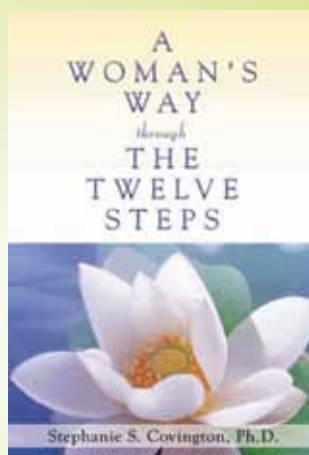
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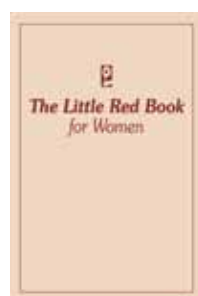
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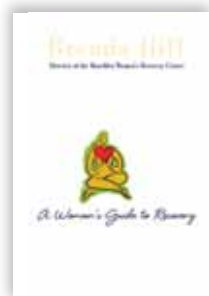


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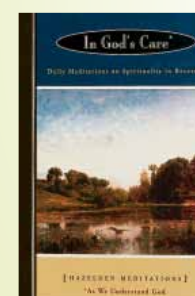
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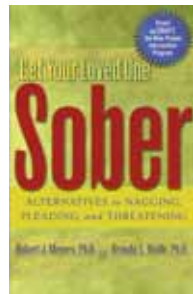
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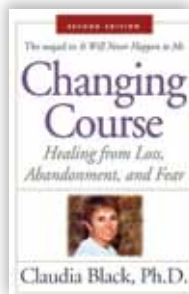
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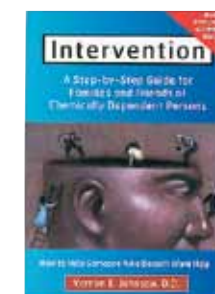
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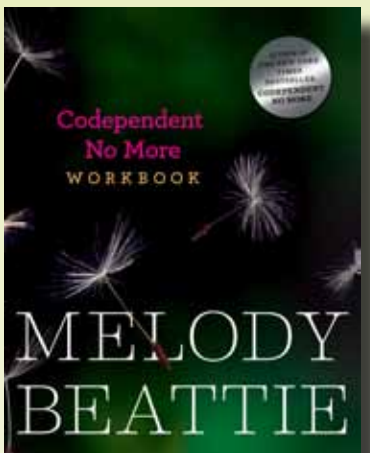
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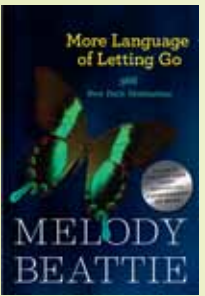
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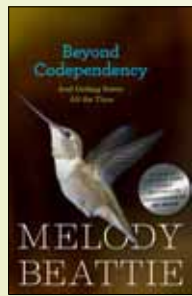
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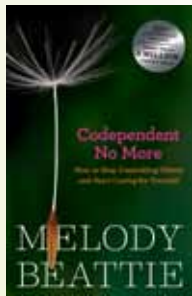
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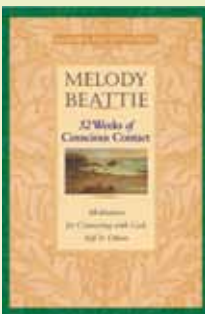
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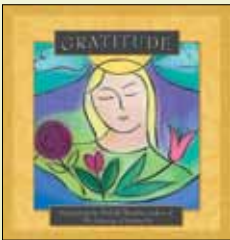
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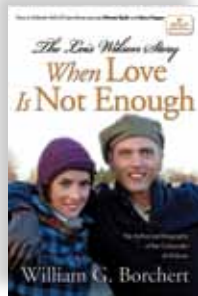
*Gratitude* helps readers reconnect with what’s truly important in life—the everyday blessings that are ever-present and ever-sustaining. Beautifully illustrated and ideal for gift giving, *Gratitude* encourages readers to be thankful for everything in their lives—whether they feel grateful or not. An attitude of gratitude transforms everyday frustrations, Beattie explains, and reveals the presence of a Higher Power in our lives.



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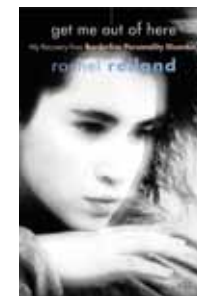
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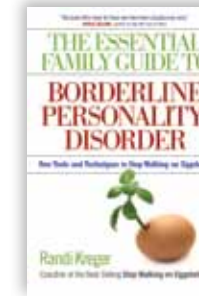
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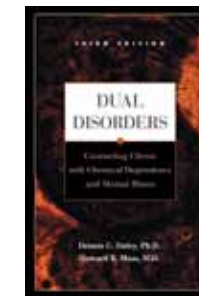
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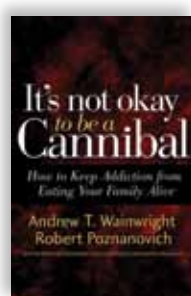
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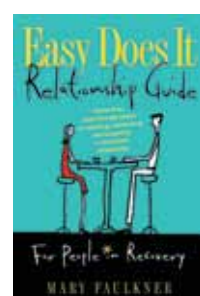
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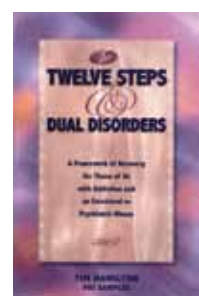
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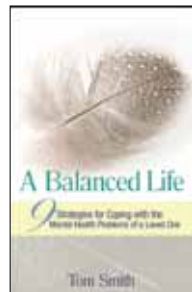
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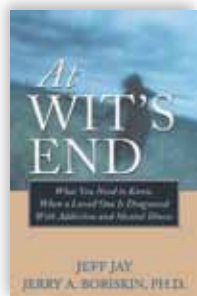
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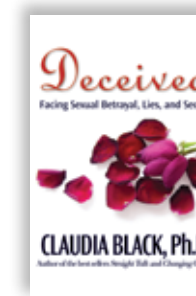
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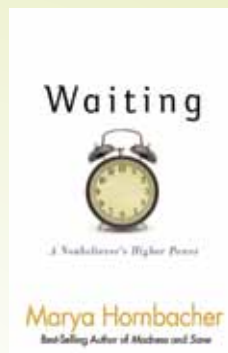
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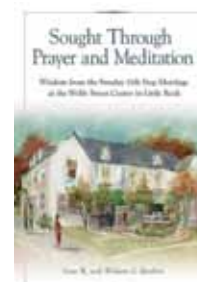
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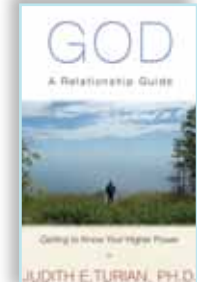
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