

A Little Time for Myself: A Collection of Al-Anon Personal Experiences

Al-Anon's Newest Daily Reader

Just as our earlier daily readers reflected the times in which they were written, *A Little Time for Myself* represents the personal experiences and the many voices of the Al-Anon fellowship as it is today. Their interpretations of Al-Anon's spiritual principles may vary greatly, but they demonstrate the freedom each member has to apply the program in ways that work best for them as individuals, illustrating that Al-Anon is indeed for *anyone* affected by someone else's drinking.

As churning water must settle so that we can see what lies at the bottom of the pool, so must I give myself space to calm down, breathe gently, and focus on the emotions that are causing my discomfort . . . Making time to be still and hear the inner voice of wisdom is a necessary part of my recovery.

From *A Little Time for Myself*, page 364



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