


# 52 Weeks of Conscious Contact (Hazelden Meditation)

*By Melody Beattie*

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**52 Weeks of Conscious Contact (Hazelden Meditation)** By Melody Beattie

Organized as weekly collections of stories, meditations, and suggestions, 52 Weeks of Conscious Contact addresses key self-care issues.

What gets in the way of serenity? For most people, the answer is life--those everyday distractions, obligations, and frustrations that cause chaos and clutter. In her new week-by-week guidebook, best-selling self-help author Melody Beattie brings new hope to individuals longing to lead a more serene life.Organized as weekly collections of stories, meditations, and suggestions, 52 Weeks of Conscious Contact addresses key self-care issues, including how to nurture inner peace, when to reach out to others, how to carry through on good intentions, where to make time for fun, and how to cultivate a deeper prayer life. Beattie's thoughtful prose and practical advice provide new opportunities for reflection, affirmation, and change.

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## Editorial Review

About the Author
Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of Codependent No More in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

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**Jim Martin:**

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**Juana Kitchen:**

52 Weeks of Conscious Contact (Hazelden Meditation) can be one of your nice books that are good idea. We recommend that straight away because this e-book has good vocabulary that could increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to set every word into delight arrangement in writing 52 Weeks of Conscious Contact (Hazelden Meditation) although doesn't forget the main level, giving the reader the hottest along with based confirm resource facts that maybe you can be certainly one of it. This great information can certainly drawn

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