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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Meeting I within YOU

By Harish Dhingra

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Have you lost somewhere in your direction? Meet I within YOU. I is a person who sets within us but now a days he is very alone. In this fast world, we have just forgotten him.

We have someone so special who can guide us 24 hours and 365 days. He doesn't lie. He doesn't need your money. Just believe in him.

Just shake your hands and give him a hug. Stop finding a guide for yourself to guide you. He has been sent within you. He wants to introduce himself to you but you are always busy in finding something.

Make him your partner for life. This life will be easier and full of fun. So now you really have someone to put your head on his shoulder.

Let's enjoy this spirit. Wish you Happy Life :)

Just trying to motivate people. If you have any queries then contact me at harish_dhingra@indiatimes.com

How to Get the Most Out of an AA Meeting

By Anne Dibala, M. D., The Recovery Coach™

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1. Know where the meeting location is in advance.

You might want to check a directory to see if the meeting is still at that location. Preferably, drive by the building at least the day before so you know where the building is, since many of the meetings are at night and it may be difficult to locate an address in the dark.

Meeting I within YOU

2. If you are self-conscious about going to your first AA meeting, or going to a new group, you might want to find someone to go with you who is a member of this group, or know someone in the group.

3. Have a positive expectant attitude.

If it's the first time that you are attending any AA meeting, you might want to talk with someone who is already a member of AA who can explain how the meetings work, or even take you to a meeting.

4. Take a nice bath that day if you can.

Not only will it help you relax and make you feel better as soon as you do, but you may also feel more comfortable in the meeting.

5. Wear comfortable clothes.

The dress code is very informal. Some meetings do not even require that you wear shoes. (Almost everyone in Alaska wears shoes during the winter!)

6. Have a bite to eat before you go if it's a later meeting, and you would have to delay your lunch or dinner.

No reason to be distracted by hunger pangs.

7. If you are a smoker and find it very difficult to go without a cigarette, you can make it easier by choosing a "smoking" meeting where, not surprisingly, smoking is allowed during the meeting, ashtrays are provided, and you won't go into a nicotine fit.

8. Try to arrive a few minutes before the meeting is scheduled to begin.

Most AA members are very friendly and glad to greet "newcomers." They're there for the same reason you are — alcohol was a problem and they want to stop and stay stopped.

9. Realize that you are not required to say anything at all at a meeting.

It's all up to you to say as much or as little as you wish. You don't even have to give your name if you don't want to.

10. Take it a day at a time, or five minutes at a time.

And allow yourself to enjoy the Fellowship.

©Anne Dibala, M.D., The Recovery Coach™, <http://www.responsiblerecovery.com> . Anne is a psychiatrist and addictionologist. Our experienced, dedicated staff are here to serve you no matter where you are in your growth curve. If you're high-functioning, we want to help you reach your further goal. If you feel stuck, let us help you. HOPE + HELP + ACTION = RESULTS.

Mailto:TheGrowthCoach@responsiblerecovery.com .



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