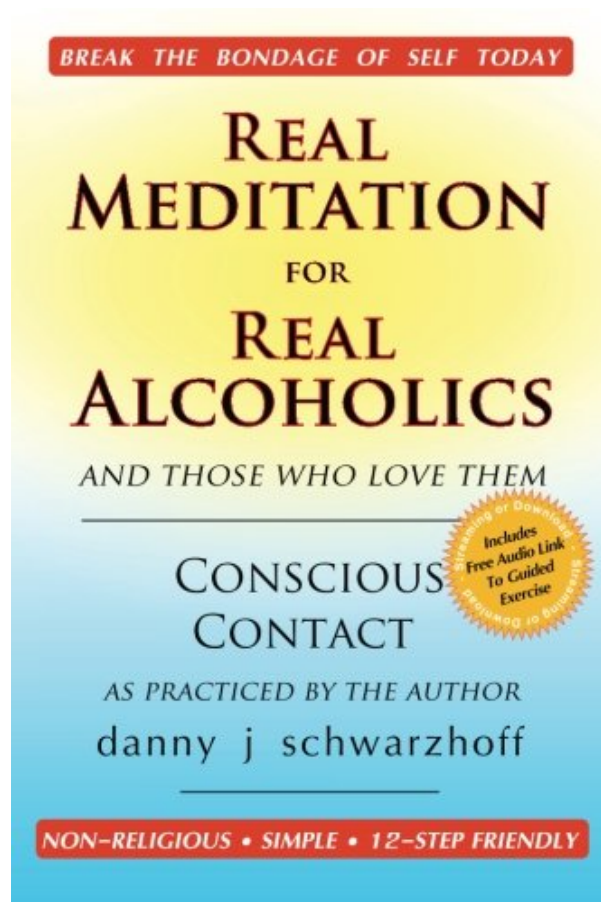


REAL MEDITATION FOR REAL ALCOHOLICS: AND THOSE WHO LOVE THEM BY DANNY J SCHWARZHOFF



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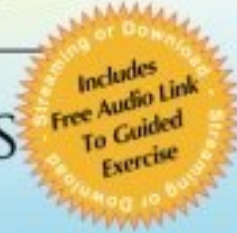
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About the Author

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Danny’s proposals center on a profoundly simple way of living, made possible through a unique form of meditation he first discovered as a child and today continues to practice and teach others. Through it he has established a way of life for himself and his immediate family that is free from anger and stress. The proposed practice effortlessly liberates the practitioner from the perennial bondage of self.

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Here is a proposal for a unique, mindful meditation that is unlike anything you have ever encountered before. Not “Contemplative Prayer,” not "Affirmations", “Real Meditation for Real Alcoholics” goes beyond the common techniques of self-management and mind control and introduces readers to a non-religious, mindful technique that is the "missing link” to spiritual liberation.

With its logical, practical, yet amazingly simple presentation, “Real Meditation for Real Alcoholics, also serves as the companion piece to a set of free audio links accompanying this book. Readers are encouraged to use and freely share with others, the complimentary downloads and streaming links to a lightly "guided" narratives in the author’s own voice.

Front matter includes unsolicited testimonials of recovered alcoholics all over the world who have experienced dramatic life changing results immediately after beginning this meditation technique as taught and practiced by the author.

Through the power of word, experience and personal example, author Danny J. Schwarzhoff introduces a revolutionary, “cradle to grave” delineation of alcoholic obsession, craving and spiritual disease, imparting an understanding of the malady that corroborates the description of the alcoholic proffered through “Alcoholics Anonymous”.

In this inaugurate presentation, Schwarzhoff demystifies alcoholism and addiction, using his own experiences to hit readers in their visceral sweet spot. Even non-alcoholics will identify with the author’s characterizations of the flawed, human condition presented in clear terms anyone can easily follow.

Readers receive a clear illustration of the mysteriously simple dynamics of spiritual disease and spontaneous spiritual awakening along with a heavy emphasis on the daily maintenance of the awakened, conscious state through the Twelve Step style meditation provided.

“Real Meditation for Real Alcoholics” convinces readers that, like the author, they too can easily access a very special spiritual skill that is unlike any they have ever seen before. It will enliven their recovery experience while still practicing the Principles they so cherish, thereby resolving any Step Eleven dilemma common to recovered and recovering alcoholics.

The search for a powerful, effective daily meditation is over.

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- Number of items: 1
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- Binding: Paperback
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Features

- Used Book in Good Condition

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11 of 11 people found the following review helpful.

The Real Deal

By Chris Moe

One of the few people who can honestly say he changed for the better through Meditation, hard work and pray. Its all about saving people from themselves. Once you embrace these principles then you can focus on your family friends and associates. An unconventional missive for folks who have tried everything.

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Outstanding.

By Crossrip

Outstanding. When I first entered AA I was told to pray and meditate. I knew how to pray but nobody could tell me how to meditate. I eventually stumbled on the right path, however the easy to follow method in this book would have been invaluable to me in my early days of sobriety. Now some 20 years later this book is a reaffirmation of what brings me closer to God. I shall recommend this book to not only people trying to stay

sober but to anybody who wants to be rocketed into the 4th dimension.

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Danny gives a good explanation on how our step 11 could be holding ...

By caroline bell

Very helpful for my recovery wondered why I was still feeling angry and depressed . Danny gives a good explanation on how our step 11 could be holding back from the 'promised life beyond your wildest dreams' , I am now trying the meditation and other suggestions and getting good results . caroline

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