



## PREFACE

Taking life one day at a time has proven essential in the Al-Anon program of recovery for those whose lives have been adversely affected by the problem of alcoholism in a relative or a friend. This book, like its companion volume *One Day at a Time in Al-Anon*, is designed to keep our focus on today and give us the courage to change the things we can.

The 1988 Al-Anon World Service Conference voted to produce a second daily reader to more fully reflect the variety of our fellowship, whose members are the real authors of this collection. Such collective wisdom helps us to view each day as an opportunity for happiness by focusing on the reality of today without the burdens of yesterday or the fears of tomorrow.

Because these selections are based on sharings from individuals, they contain references to gender and to specific relationships, but the thoughts are applicable to people of all walks of life.

As in *One Day at a Time in Al-Anon*, the meditations are reinforced by appropriate quotations. The use of these quotes implies no endorsement of the person or the volumes quoted. They have been selected for what was said, not who said it.

## JANUARY 1

We live in a society of instant gratification: instant coffee, instant breakfast, instant money from our local ready bank machine—it's everywhere we look! No wonder so many of us arrive at Al-Anon's doors looking for the instant answer to all the problems that come from living with and loving an alcoholic.

Recovery is a process. It takes time to regain, reclaim, and recoup all that was lost while we tried on our own to cope with active drinking. Building trust takes time, change takes time, healing old wounds takes time; there are no immediate, ready-made solutions. But the tools and principles of our program—Steps, Traditions, slogans, meetings, sponsorship, service—can lead us to the answers that are right for us.

We all have dark times in our lives, but the journey to better times is often what makes us happier, stronger people. When we stop expecting instant relief, we may come to believe that where we are today is exactly where our Higher Power would have us be.

### *Today's Reminder*

Al-Anon is a "One Day at a Time" program. No matter what is going on around me, today I know that I am moving forward. I will trust the process of recovery. I'll let time take time. "If I am under pressure and setting myself deadlines and worrying about tomorrow, I will stop for a few minutes and *think*—of just this one day and what I can do with it." *One Day at a Time in Al-Anon*