



# **Daily Affirmations Strengthening My Recovery Meditations for Adult Children of Alcoholics / Dysfunctional Families**

*Adult Children of Alcoholics World Service Organization*

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"What you are about to read was created from a space of love and gratitude for a Program that has saved countless lives physically, emotionally, and spiritually". "Strengthening my Recovery" is a Daily Affirmation and Meditation book written by and for the Adult Children of Alcoholics / Dysfunctional Families (ACA and ACoA) Fellowship. The seeds of this book were planted during the final development of the Fellowship Text, also know as the Big Red Book (BRB).

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