



# The Promise of a New Day: A Book of Daily Meditations (Meditation Series)

*Karen Casey, Martha Vanceburg*

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*The Promise of a New Day* offers daily reflections for simple, inspiring wisdom about creating and maintaining inner peace. Written without Twelve Step program language, these meditations are reminders for us to give our full attention to today, listen more closely, understand that pain is inevitable but suffering is optional, and that there is something to learn from each experience. *The Promise of a New Day* is a book filled with hope for us or someone needing a special gift.

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