



# Twenty Four Hours a Day for Teens: Daily Meditations

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## **Twenty Four Hours a Day for Teens: Daily Meditations** Anonymous

*Twenty-Four Hours a Day for Teens* was created to help young people navigate the peaks and valleys of developing an active spiritual life in recovery. As an abridged and revised version of the classic *Twenty-Four Hours a Day*, this volume reflects the time-honored wisdom that has helped millions of recovering people around the world in their program of living one day at a time.



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