



Laugh! I Thought I'd Die (If I Didn't) : Daily Meditations on Healing through Humor

Anne Wilson Schaef

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Here is a daily meditation book that addresses the need for humor in Twelve Step living. Each entry takes a humorous, ironic, or rueful look at such aspects of recovery as denial grandiosity, gratitude, and change. By turns irreverent and provocative, this little book can cause a lot of laughter and perhaps even aid in recovery.

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