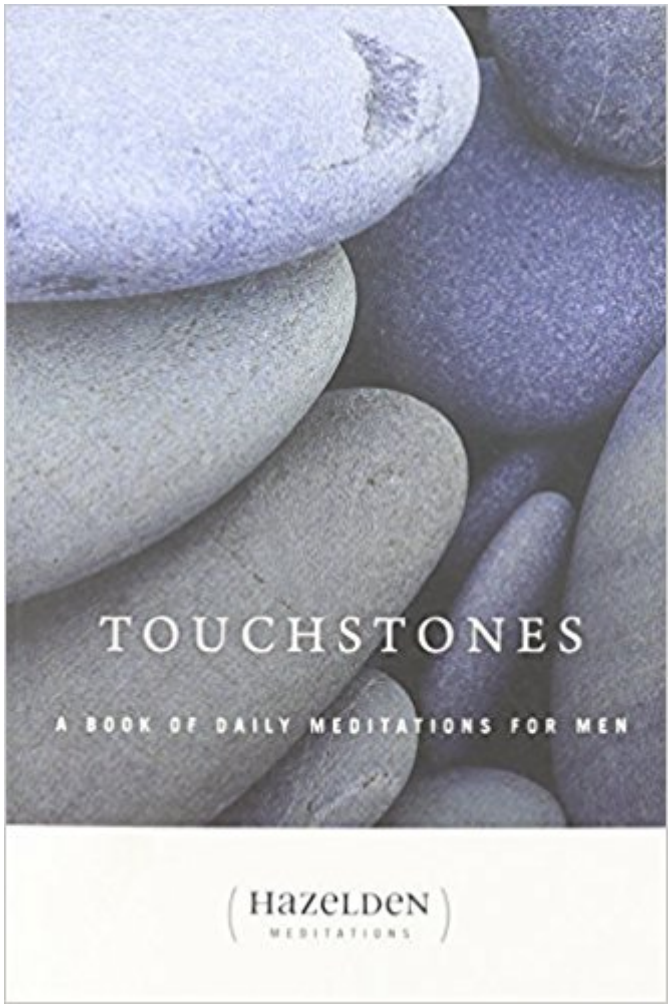
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Touchstones: A Book Of Daily Meditations For Men



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Synopsis

Speaking straight to men who are striving for serenity or trying to maintain emotionally and spiritually balanced lives, these daily touchstones offer affirmations for intimacy, integrity, and spirituality."Don’t let life discourage you; everyone who got where he is had to begin where he was."--R.L. Evans"One cannot always be a hero, but one can always be a man" Johann Wolfgang von Goethe tells us, but sometimes simply being a man can be a mighty struggle. Take heart from this companionable book of daily meditations, a year’s worth of friendly words to cheer you on your way.Speaking straight to men who are striving for serenity or trying to maintain emotionally and spiritually balanced lives, these daily touchstones begin with quotations from sources as varied as William Shakespeare, Wendell Berry, Michael Spinks, and Woody Allen and conclude with affirmations that underscore the lessons of intimacy, integrity and spirituality. They explore the masculine role of lover or spouse, father or friend and, like a helping hand extended, ease the daily strain of making a man’s way.

Book Information

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Customer Reviews

Anonymous Anonymous is a contributor for Hazelden Publications including Alcoholics Anonymous Big Book 4th Edition.

January 1 He who is outside the door has already a good part of his journey behind him.Ã¢â ¬â •Dutch Proverb When we see how far we strayed from the kind of men we wanted to

be, we are overwhelmed by how far we have to go to get back on the track. Perhaps we see clearly for the first time how unfair we were or how much we hurt those we love. Maybe we see how pervasive our compulsions are in our lives and how much we missed.That is when we are most ready to do the work of recovery and become most spiritual. It is helpful at those times to remember that this program is a journey. Although at times the distance seems overwhelming, all of us are on the path. As long as we live, we never reach a point where we can stop growing. The important thing is we are on the path, we have a good part of our journey behind us. Once begun, outside the door, we are progressing like all our brothers and sisters in the program. Today, I will remember it is the reward of the journey itself, not the destination, that I seek. January 2 When you can't stand criticism you learn to be a perfectionist.Ã¢â ¬â •Anonymous It's human to make mistakes and to feel incomplete. Perhaps if we were all smooth plastic printouts we could expect perfection of ourselves. Each man is actually a process. We are not things, but events--happenings, and the events are still unfolding. These are our creative spiritual adventures.We have somehow learned that openness to criticism is dangerous. Perhaps we thought someone would not like us if we were wrong, or that we would get hurt or belittled. When we live with a relationship to our Higher Power, we can stand up for ourselves. A man has a right to make some mistakes! We grow more if we allow ourselves the leeway of simply being in process. I will not ask to have the power of perfection. I will only ask that I not be alone in the process of living my life. January 3 Love doesn't just sit there, like a stone; it has to be made, like bread, remade all the time, made newÃ¢â ¬â •Ursula K. Le Guin Our relationships are alive. We don't control them and neither do the other people involved. We certainly influence our relationships--and if we are aware, we see they also have their own yeast. Whether we are talking of a love relationship with our spouses, lovers, children, friends, or parents, it is a very fluid and dynamic affair. If we are actively involved with the other person and give time and nourishment to the relationship, it will grow. But if we are passive and only waiting, the relationship will grow stale.God speaks to us through other people. Our relationship with our Higher Power influences our relationships with all the people in our lives. Today we can nurture our relationships with time, tolerance, and honesty. In turn, we will be nourished. May this day be one in which I give attention to those I love. Ã Â©2008. All rights reserved. Reprinted from Touchstones. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the written permission of the publisher. Publisher: Hazelden Publishing, PO Box 176 , Center City, MNÃ Â 55012-0176.

A refreshing daily devotional to men in recovery. After reading it daily for a few years, I gave it to a

Sponcee. We spoke of it so often I had to get a digital copy-my sponsor was so impressed with the referral of this book he replaced my paper copy on my 20th anniversary. Has awesome insights no matter what you may be recovering from.

My group reads the passage every Saturay morning and I am intrigued by how meaningful the words are for me that day. I decided to purchase the book myself so I could read everyday and get more of the wisdom that I am lacking. Sometimes the quote that starts each day's reading is worth pausing and reflecting on before delving into the passage itself. Most of the time I get something to think about each day, and I try to put into practice what I learn. The fact that is directed at men makes it all the more worthwhile, as it frees us from being and thinking manly all the time. It lets us be gentle, kind, forgiving, and tuned into others and helps us get out of ourselves and see the world has it should be seen. I highly recommend this book for anyone looking for thought-provoking ideas for each day.

While this book is aimed at men in recovery, it could apply to any man. It addresses many of the problems that we men face with a masculine and practical (as opposed to a generic, theoretical and esoteric) approach to spirituality.The entries are arranged with a relevant quote at the start, a short meditation on the quote, and finally a short affirmation (Today I will do x) as a conclusion. The quotes come from many traditions both religious and secular, the meditations are succinct and can serve as a jumping off point for your own thoughts, and the affirmations offer a practical way of putting the whole thing into practice.I have a paperback copy and the Kindle edition as well and I read it just about every day. The Kindle allows me to carry it easily when I travel.

A most excellent start to my morning

for nephew

Great book. I read it every morning before I start my day.

Like a breath of fresh air or a drink of cool clean water these daily passages help to bring clarity and peace in the turbulent day-to-dayness of living.

I've been reading this book for the past thirty years and just love it. Repeatedly it slaps me upside

the head with a description of myself that I had not seen before. I have bought many copies for fellow travelers of life.

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Touchstones: A Book Of Daily Meditations For Men What Men WonÃ¢â ¬â„¢t Tell You: WomenÃ¢â ¬â„¢s Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men wonÃ¢â ¬â„¢t commit, why men lose interest, how to avoid rejection from men) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) The Promise of a New Day: A Book of Daily Meditations (Hazelden Meditations) Day by Day: Daily Meditations for Recovering Addicts (Hazelden Meditations) Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Answers in the Heart: Daily Meditations For Men And Women Recovering From Sex Addiction (Hazelden Meditation Series) The Understanding Your Grief Journal: Exploring the Ten Essential Touchstones Understanding Your Suicide Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart (Understanding Your Grief) Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart Touchstones: Texts for Discussion, Vol. A Daily Mail Big Book of Cryptic Crosswords Volume 5 (The Daily Mail Puzzle Books) by Daily Mail (2-Jun-2014) Paperback Tending Dandelions: Honest Meditations for Mothers with Addicted Children (Hazelden Meditations) Meditations for Manifesting: Morning and Evening Meditations to Literally Create Your Heart's Desire Just for Today: Daily Meditations for Recovering Addicts Drawing for Joy: 15-Minute Daily Meditations to Cultivate Drawing Skill and Unwind with Color--365 Prompts for Aspiring Artists The Language of Letting Go: Daily Meditations for Codependents (Hazelden Meditation Series) Days of Healing Days of Joy: Daily Meditations for Adult Children Stools and Bottles: A Study of Character Defects--31 Daily Meditations Each Day a New Beginning: Daily Meditations for Women

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