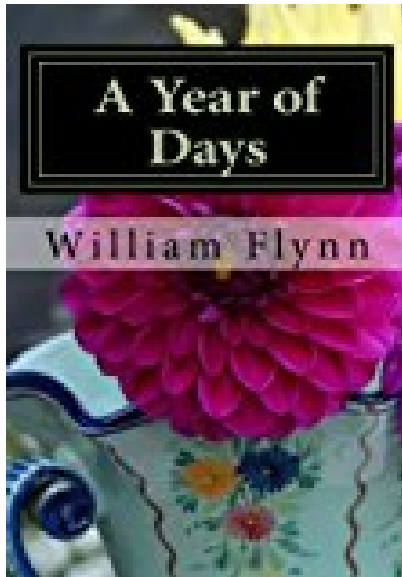


A Year of Days A year of daily posts from a man in recovery



BOOK DETAILS

- Author : William Flynn
- Pages : 280 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 152322262X



BOOK SYNOPSIS

A Year of Days offers a compelling and powerfully different perspective from the more traditional daily meditation and devotional format. Rooted in deep personal experience and real life insight, each days writing allows the reader to more fully identify with how the process of recovery can overcome the harsh reality of addiction. Written by someone who has experienced the full measure of the ups and downs of life in both addiction and recovery, this book brings clarity and hope to the practice of recovery. It demonstrates practical approaches in a way that resonates and connects the meaningful action and work of recovery to people who have survived the crushing isolation that is addiction. A Year of Days has grown to become a worldwide community through its popular Facebook page.

www.facebook.com/ayearofdays/ The author William Flynn has a unique ability to translate and share a deep insight and understanding of the process of addiction recovery. His writing is popular with those in recovery and family members alike. Learn more at www.ayearofdays.org. Sample Day: JULY 4 When I look back at my youthful days of drinking and drugging there is a laughable irony that I can see today. I can remember wanting to make sure I wasn't a "normie, someone afraid to have fun and take risks, and I was confidently assured in my choice of a lifestyle that was open and free from the constraints and rules of old fashioned society. I didn't want to subject myself to the ideas of living a simple life, doing things slowly, and carefully adhering to restrictive ideas and beliefs. I wanted to be free of the stifling ways of the past. The irony of course is that ultimately I became a prisoner of my own addiction-never wanting to look at myself while busily beating the drums of another person's messages about life. I never learned how to find my own path in life because of the delusion of addiction. I had a lot of rhetorical catch phrases about how to live life-lyrics from songs and slogans from posters-but nothing that really connected in a meaningful way to any true measure of self-discovery or my own values or beliefs. I was trapped in a culture of excess and consumption that fed a self-absorbed need for inebriation and partying. For all my claims of freedom from the clutches of normalcy I became more of a prisoner without even knowing it. There are few incarcerations more profound than one in which we are trapped without even knowing it. Trapped by an addiction that was slowly taking everything I had in life, it kept me deceived and deluded as I willingly sank further into its clutches. In recovery I have found the freedom from the guilt, shame, and hidden issues of my past. Freedom to be able to learn how to like the man I am today and shape how I continue to grow in the future. Freedom to look any man in the eye and be clear about who I am without having to boast, mislead or deceive. I am free from the lies I constantly told myself and others. It has taken hope, faith, courage and willingness to open the door to who I really am and I was afraid of what I would find. Opening that door has allowed me the chance to change, grow, and become free, at first from addiction and alcoholism, and then at last free from the bondage of self. Other single line quotes: "The longer I stay sober the sicker I was when I arrived in recovery." (July 24) "The language of spirituality is love and I couldn't begin to speak it, share it, and live it with others until I learned how to love myself-even just a little." (August 13) "At first in recovery I wanted so much to quickly "get my life back" without really understanding that what was in fact happening was that I was getting a new life." (August 21) "Addiction isolated me from the team sport that is life." (September 15)

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