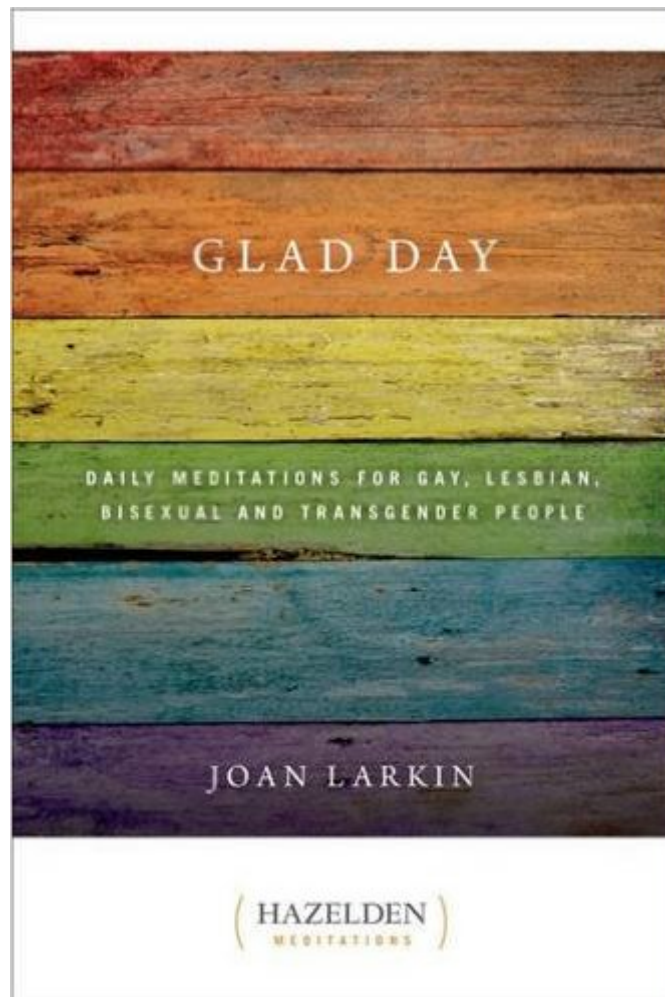


The book was found

Glad Day Daily Affirmations: Daily Meditations For Gay, Lesbian, Bisexual, And Transgender People



Synopsis

Addressing the needs of lesbian, gay, bisexual, and transgender people, Glad Day speaks to the issues that touch everyone, regardless of sexual orientation: change, fear, self-disclosure, faith in a power greater than ourselves, success and failure, openness to ourselves and others. Written with a poet's grace, these daily meditations are interwoven with reference to the transforming experiences of coming out and of recovery. As the meditations foster a "daily conversation with the Spirit," they lovingly conjure the mutual trust and compassion that lead to a rich, fulfilling life.

Book Information

Paperback: 400 pages

Publisher: Hazelden (September 25, 1998)

Language: English

ISBN-10: 1568381891

ISBN-13: 978-1568381893

Product Dimensions: 4 x 0.7 x 6 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #136,788 in Books (See Top 100 in Books) #14 in [Books > Gay & Lesbian > Nonfiction > Bisexuality](#) #53 in [Books > Gay & Lesbian > Nonfiction > Transgender](#) #145 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Gay & Lesbian](#)

Customer Reviews

This book is a collection of daily meditations for Gay, Lesbian, Transgendered, and bisexual people. Each day features a very short meditation: about two paragraphs, which gives insight on what it means to be a G/L/T/B person in today's world. Very positive! This book has helped me, as a gay person, examine how I live my life and how I can change for the better. Make it part of your daily ritual! This book sometimes gives a challenge for the day: i.e. one day gives us the challenge that if we hide our sexual identity from others, we are only making things more difficult for us. Others will let us take a break: i.e. today, maybe we shouldn't think about our sexuality at all. Sometimes, this little book asks us to stand up for ourselves, and perhaps confront others who have "pushed us around" in the past because of our sexuality; other times, it suggests perhaps we are not accepting straight people, or making false assumptions about what they are thinking about us. I have to say, this book is definitely encouraging. I only wish I was given this book the first day I knew about my

sexuality.

If you read daily meditations and affirmations then you are going to love this book. If your looking for inspiration to start your day off correctly, you will learn to love this book.....

This book gave positive encouragement and inspiration for the transformational journey of understanding! I would encourage those who have LGBT issues (parents especially) to read it!

Perfect blend of recovery and GLBT topics. Very glad to have found this particular meditation book. Would recommend to anyone gay and in recovery.

Glad Day helped me through the early days of my recovery and is helping me again when everything is so much different - and better.

Provides inspirations and provokes thoughts. Good way to start or end my days. Only down side is that it has too narrow a focus.

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Lesbian: 8 Steamy Erotica
Lesbian Stories (Lesbian Erotica, Lesbian Menage, First Time Lesbian)
Handbook of Counseling and Psychotherapy with Lesbian, Gay, Bisexual, and Transgender Clients
Handbook of Counseling and Psychotherapy With Lesbian, Gay, Bisexual, and Transgender Clients, Second Edition (H)
Our Place on Campus: Lesbian, Gay, Bisexual, Transgender Services and Programs in Higher Education (The Greenwood Educators' Reference Collection)
Coming Around: Parenting Lesbian, Gay, Bisexual, and Transgender Kids
GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens
Life at School and in the Community (Teens: Being Gay, Lesbian, Bisexual, or Transgender)
LESBIAN EROTICA: RELUCTANT - MY FIRST TIME
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