



## Nicotine Anonymous Book of Daily Meditations

Sought through prayer and meditation to improve our  
conscious contact with God ...

**You** have experience, strength and hope to share. **Your** words are vital to our fellowship. We are not looking for the few great writers. We are looking for each member of our fellowship to share **your** individual wisdom with those who follow.

**What was your life as an active addict? What happened to get you in the door? What were your breakthroughs? How has your life improved?**

Please – in keeping with our Traditions - avoid mentioning specific religions, politics, special causes, or controversial issues. Please keep your submission to 200 words or less.

The form on the back is the conference-approved format. If you prefer for the editors to supply the topic, quote and/or thought for the day, that is absolutely OK.

**The critical part is your experience, strength and hope.** If you want the editors to polish your words, just let us know.

**Help us expand our meditation book from 90 days to 366 days.**

