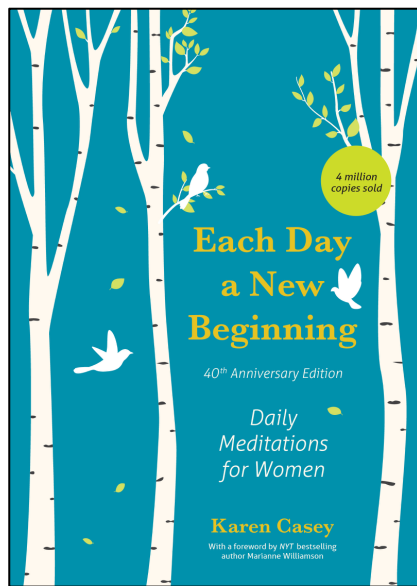


FOR IMMEDIATE RELEASE

40th Anniversary Edition of the International Bestseller *Each Day a New Beginning*



Each Day a New Beginning

Daily Meditations for Women

Karen Casey

Foreword by

Marianne Williamson

"Karen Casey tells truth and tells it well"
—Marianne Williamson

In 1982, *Each Day a New Beginning* defined a genre as the first daily meditation book for women in alcoholism recovery, filled with

encouraging meditations and practices to lift them up. With over 4 million copies sold and a dedicated readership spanning over four decades, bestselling author and God Mother of Women's Recovery books, Karen Casey remains a leading voice in the reflection and recovery space.

EACH DAY A NEW BEGINNING: Daily Meditation for Women (40th Anniversary Edition) from Conari Press (January 1, 2023), celebrates Karen's contribution as the first woman to speak directly to women about recovery. Forty years later, and more than two dozen books to her credit, Karen is still writing, taking one day at a time and connecting with groups all over the world. This new edition features a Foreword by *NY Times* bestselling author, Marianne Williamson, and an updated Introduction by the author.

Over the years, readers around the world have come to regard Karen as a trusted companion on the recovery journey. Every page of *Each Day a New Beginning* offers invaluable wisdom, encouraging women in recovery to learn the art of compassion, acceptance, creativity, while presenting quotes from extraordinary women, followed by spiritual meditation exercises to supplement the healing experience with mindfulness exercises. It is designed to help readers:

- Gain deeper insight into the recovery process

- Celebrate your personal strength and dedication towards recovery
- Practice mindfulness through daily meditation exercises

"I could not have imagined back in 1981, when I started penning (ballpoint penning, in fact), that a book would come to fruition And today I'm even more astounded there's a fortieth anniversary edition! My search was for God. I wasn't intent on writing a book at all. No one was more surprised than me when the book 'flew off the shelves.' And now more than 4 million copies later, it still strikes a chord with many women—and, I've been told, many men, too. I'm not so sure it's due to any special wisdom I had then or have now, but my yearning to know God was felt and understood by many souls who were wandering the same path that so clearly had captivated me."



APPLAUSE FOR EACH DAY A NEW BEGINNING

"*Each Day a New Beginning* is a super book! I have read it cover to cover! A woman with an alcohol or drug problem has a special problem. I think your new book will be most helpful in coping with the special needs of women in recovery." —**Betty Ford, former First Lady and founder of the Betty Ford Center**

"Casey's voice is thoughtful and accessible. Readers with a belief in the power of God will be most amenable to her recommendations for a simpler, more rewarding life." —***Publishers Weekly***

"This book is small, is easy to digest, and would likely be taken from the display shelf by someone needing a psychological boost." —**Deborah Bigelow, *Library Journal***

"These simple steps can lead to a peaceful and meaningful life. Casey's self-help book is a winner!"
—**Frederick Brussat, co-founder of spiritualityandpractice.com**



Karen Casey is an accomplished author over two dozens of beloved nonfiction works, including *Each Day a Renewed Beginning*, *52 Ways to Live the Course in Miracles*, *Let Go Now*, *In God's Care*, and *A Woman's Spirit*. She started her addiction recovery journey in 1974 and in 1982, she published her first book, *Each Day a New Beginning*, which instantly became a bestseller in this groundbreaking genre of meditational support for women in recovery. The book sold over 4 million copies and has a dedicated readership spanning over five decades. Karen's focus as a writer is on the development of spiritual growth and strengthening one's twelve-step recovery. She relies on her personal experience and her profound connection to her Higher Power, coupled with the wisdom she gleans from the many brave people she walks among in the rooms of AA and Al-Anon. Currently, Karen spends her time writing, and speaking at lectures and workshops, which fosters her commitment to continue doing what brings her life such joy and peace. Visit womens-spirituality.com

Each Day a New Beginning by Karen Casey
ISBN: 9781642507966
Distributed by Ingram Publishers Services

Conari Press
\$19.99, Paperback
Pub Date: January 1, 2023