

Suggested Talking Points for Karen Casey, author of *Each Day a New Beginning (40th Anniversary Edition): Daily Meditations for Women*

Millions of people around the world spend a few moments in quiet reflection with Karen Casey every day. Affectionately known as the Godmother of Women in Recovery, Karen is the best-selling author of *Each Day a New Beginning: Daily Meditations for Women*, the first daily meditation book written expressly for women in recovery from addiction.

An accomplished author, Karen has written 30 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 her first book *Each Day a New Beginning* was published and quickly became a bestseller in this groundbreaking genre of meditation support for women in recovery. That revolutionary book has sold over 4 million copies and has a dedicated worldwide readership, spanning over four 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 with the brave people she walks among in the rooms of AA and Al-Anon. This December she is celebrating the 40th Anniversary edition of *Each Day a New Beginning*, which includes a new Foreword by Marianne Williamson. Karen spends her time writing, and giving lectures and workshops, which foster her commitment to continue doing what brings her life such joy and peace. Her website is womens-spirituality.com.



1. You mention in your bio that you took your first drink at 13-years old. What was going on that you felt drawn to alcohol? How did your own family influence who you became in life?
2. Your first book, *Each Day a New Beginning* was published in December 1982 and you're now celebrating the 40th anniversary with a new edition. When you started writing, you said you didn't intend to write a book; you were just seeking connection with your soul, God, or Higher Power, so you started writing and having conversations with God. So how did your first book come about?
3. Part of your story, after being sober for 18 months, is quite startling. You say it was an "Unexpected knock at your door" that truly changed your life. What happened that night you wanted to end it all?
4. Do you believe in angels? And miracles?
5. You've been quoted as saying there are no "chance meetings." What do you mean by this?
6. Betty Ford, former First & Second Lady of the United States when her husband, Gerald Ford, was in office, was the founder of the renowned Betty Ford Clinic, wrote an endorsement for your first book. She wrote that "A woman with an alcohol or drug problem has a special problem." How is recovery different for women and men?
7. The first edition of *Each Day a New Beginning* is credited to have started a new publishing genre, as previous to your book, there were no books specifically for women. You have been called the Godmother of Women's Recovery books. How did that change your life and writing?

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8. Are all your books for women? Are they just for those in recovery?
9. You have a doctorate degree in Philosophy with an emphasis on Native American studies. How did your studies influence your life and spirituality?
10. You also have a book *52 Ways to Live the Course in Miracles*. What brought you to study a Course in Miracles, which is a rather esoteric path?
11. As you look to the future, what draws your attention most?
12. What brings you hope or dread about the future?
13. Do you have any suggestions for people who are seeking to cultivate more peace in their lives?

Recovery Related Topics

1. You started out attending Al-Anon meetings, and have written much about co-dependency, having said that in most cases, those with addictions have more issues than just alcohol or drugs.
2. Do you have a sense of what comes first, alcoholism or codependency?
3. What has been the most important aspect of your long-term recovery?
4. There are so many types of AA meetings (Al-Anon for co-dependents, AA, NA (Narcotics Anonymous), Overeaters, Gamblers, Sex addicts, and meetings for entrepreneurs who have problems with finances, among others. What is the common thread of these meetings?
5. You've shared in your books is that despite being in recovery and going to Al-Anon and AA meetings for over 46 years, you are still drawn to meetings. And you attend or lead several each week. What keeps you coming back?