



## Nicotine Anonymous Book of Daily Meditations

### What was your big a-ha?

**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 a quote or the 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.

