



Yesterday's Tomorrow: Recovery Meditations for Hard Cases

Barry Longyear

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At last, a meditation book that shows why and, more importantly, how recovery works written in no-nonsense language by a "hard case" who's been there -- and been there, and been there.

Barry L. has been clean and sober for more than 14 years, but there was a time when his multiple trips through relapse, detox, and treatment made sobriety seem an impossibility. Now he's written a meditation book especially for "hard cases" like himself; those who struggle with the spiritual side of the program and have had a hard time staying sober. Here is blunt, bare-knuckle writing that tells it like it is.

Know a few hard cases who just don't seem to get the program? They'll benefit from this book.

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