



## 52 Weeks of Conscious Contact (Hazelden Meditation)

*By Melody Beattie*

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**52 Weeks of Conscious Contact (Hazelden Meditation)** By Melody Beattie

Organized as weekly collections of stories, meditations, and suggestions, 52 Weeks of Conscious Contact addresses key self-care issues.

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### **Editorial Review**

#### **About the Author**

Melody Beattie is the author of numerous books about personal growth and relationships, drawing on the wisdom of Twelve Step healing, Christianity, and Eastern religions. With the publication of *Codependent No More* in 1986, Melody became a major voice in self-help literature and endeared herself to millions of readers striving for healthier relationships. She lives in Malibu, California.

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