

# TAKE *the* Challenge

Preview our new Nicotine Anonymous daily meditations book *AND*

Comment on **2** months:

- Your nicotine-free anniversary month 🏆 and
- Your belly button birthday month 🎂

Provide comments and ideas about each of the meditations for your two months (or the entire book, if you like). 😊💬 Our members have written these meditations in their own words, and we're helping to clarify the writing. Do the meditations make sense? Do the quotes, body of the meditation and prayer work together? Of course, let us know if there are pesky writing errors.

Find the current draft of the meditations at:

[https://docs.google.com/document/d/1vU2TbvJ0LDIK81qt1xMOP\\_T3I\\_elaH-ufXcEWdgpYNp0/edit?usp=sharing](https://docs.google.com/document/d/1vU2TbvJ0LDIK81qt1xMOP_T3I_elaH-ufXcEWdgpYNp0/edit?usp=sharing)

Simply follow the link to the draft, find your months, and begin reading. 🧐 When you need to comment, highlight the text ✍️ and you'll see a comment box appear on the right side of the document. Click in it and a small text window opens, ready for your ideas and feedback. 💡

The meditations are generally arranged so that each of the **12** months follows the progression of each of the Twelve Steps of Nicotine Anonymous.

Each month begins on the following pages:

January: p. 1  
February: p. 32  
March: p. 61  
April: p. 92  
May: p. 122  
June: p. 153  
July: p. 183  
August: p. 214  
September: p. 245  
October: p. 275  
November: p. 306  
December: p. 336

Please complete your comments no later than

**Thursday, April 1, 2021**



So that we can incorporate the comments into the draft in time for the [2021 NAWS Conference, April 9-11, 2021](#), where we will have a workshop on the new draft of the meditations book. Let's get this puppy to the printer!

Thank you for your service,

Aimee C.

DailyMeditations [at] nicotine-anonymous.org

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