



Yes: 31 Daily Devotionals, Help for the Lost (Longing to be Loved) (Volume 1)

Terri Lynn Murphy

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Are you sick and tired? Are you alone and afraid? Are you ready to feel better? If your answer is “Yes” this is the book for you. Say “Yes” to an Open Heart In Yes, the first book of the Longing to be Loved Series, Terri Lynn Murphy comforts us with short bedtime readings, offers us a quick prayer and empowers us with a Sayso – a quick declaration to help us make it through another day. Murphy is a thirty-year member of Al-Anon Family Groups, the worldwide fellowship for friends and relatives of alcoholics. Over the years, she has sponsored over a hundred women and men who made a decision to find a way out of their pain. In Yes, Murphy confronts the pain, combining personal anecdotes and simple solutions to cut through the layers of fear, anger and depression. She recounts her own decisions, mistakes and daily struggles to make the right choices for her and her family. She provides practical advice on how to get started, what to do in specific situations and how to begin the healing process, urging her reader to make nightly reading a habit and to abandon the myth that you cannot overcome the past. In Book 2 of this series, Yum, she shares fifty Six-Star Recipes for memorable Family Get-Togethers, where the main ingredient is love. In Book 3 she describes specific tips for men and women to heal, gain courage and learn how to love freely again. Book 4 works through the seven steps to Happy. Murphy’s book, written with vulnerability and wisdom, is an inspiring action plan and a soft nudge for personal transformation. Yes is the gentle, first step in recovery.

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