



# Twenty-Five Words: How The Serenity Prayer Can Save Your Life

By Barb Rogers

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## Twenty-Five Words: How The Serenity Prayer Can Save Your Life By Barb Rogers

These Twenty-five words are the bedrock of the worldwide Alcoholics Anonymous movement, a movement that has saved and improved millions of lives. When Barb Rogers first heard this prayer a quarter of a century ago, she could scarcely credit it and hadn't the ears to believe it. It all begins with "meee, mee, mee," she writes. As in, Why is God doing all these things to mee? Why doesn't God understand that I know what's best for mee and do what I ask him to? Why are other people doing all these things to mee? Well as it turns out, it's not all about "mee." Rogers tells her story and invites readers to take a tough, loving look at their own. There are some things we should accept, period. We shouldn't take them personally. We shouldn't whine or scream or go off on a tear. Then there are some things we can change, and we should probably take a look at those as well. And the real trick, the one that comes from years of saying the prayer and letting its healing principles sink in, is knowing the difference. Barb Rogers' own story starts in the depths of alcoholism, with deceased children, broken marriages, lost jobs. Sure there were reasons, but reasons didn't change anything: the Serenity Prayer did.

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### **Editorial Review**

#### **Review**

"Twenty-Five Words is a marvelous read. Ms. Rogers' willingness and ability to translate the wisdom of the Serenity Prayer into the nuts and bolts of her life shows that recovery is never about theory alone; it is a connection of the heart that demands we live from the inside out." --Earnie Larsen, author of Believing in Myself: Self Esteem Daily Meditations and Stage II Recovery: Life Beyond Addiction and The Healer's Way

#### **About the Author**

Barb Rogers is a professional costume designer, the founder of Broadway Bazaar Costumes, and author of two books on costuming. In the '90s she moved to Arizona to focus on her writing. She is the author of Twenty-Five Words: How the Serenity Prayer Can Save Your Life and Clutter Junkie No More. Barb lives in Yarnell, Arizona. You can find Barb online at [www.BarbRogersInspirations.com](http://www.BarbRogersInspirations.com).

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