



## Night Light: A Book of Nighttime Meditations (Hazelden Meditation Series)

*By Amy E Dean*

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### Night Light: A Book of Nighttime Meditations (Hazelden Meditation Series)

By Amy E Dean

Night Light's quotations, reflections, and simple prayers ease the loneliness, fear, and anxiety that can burden our nights so we can wake up and meet each new day refreshed and inspired.

Remember how comforting it felt, as a child, to fall asleep with a night-light glowing in the dark? Our Night Light is a collection of meditations that helps us remember how our Higher Power is like a comforting, ever-present light in our lives. These nightly readings can help us learn to trust the spiritual light within us for strength, comfort, and guidance.

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### **Editorial Review**

#### **About the Author**

Amy E. Dean began her career as a bestselling author and nationally known speaker by writing books on self-help, personal healing, and motivational topics. Her first book, Night Light, has sold over half a million copies, and today Amy's books are distributed worldwide. With 15 books to her credit, Amy continues to explore issues that are relevant to everyday life and personal growth. Her nonfiction goes right to the heart and soul of her readers, offering inspirational and simple ways to approach life with greater interest, understanding, and commitment to personal fulfillment. Amy is a graduate of Skidmore College and lives in Maynard, Massachusetts.

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