

NARCOTICS  
ANONYMOUS



P. O. Box 1043

Studio City, California

### JUST FOR TODAY

Tell yourself:

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without the use of narcotics.

JUST FOR TODAY I will have faith in someone in Narcotics Anonymous who believes in me and wants to help me to recovery.

JUST FOR TODAY I will have a program. I will try to follow it to the best of my ability.

JUST FOR TODAY, through Narcotics Anonymous, I will try to get a better perspective on my life.

JUST FOR TODAY I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way of life, even for today, I have nothing to fear.

*For information regarding time and place  
of Narcotics Anonymous meetings, write to:*

#### NARCOTICS ANONYMOUS

P. O. Box 1043  
Studio City, Calif.

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#### NARCOTICS ANONYMOUS

P. O. Box 13023  
So. Eastern Station  
San Diego, Calif.