



"And acceptance is the answer to all my problems today. When I am disturbed, It is because I find some person, place, thing, situation -- Some fact of my life -- unacceptable to me,

And I can find no SERENITY (peace) until I accept That person, place, thing, or situation

As being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in this world by mistake. "

"Unless I accept life completely on life's terms, I cannot be happy (at peace).

I need to concentrate not so much on what needs to be changed in the world, as on what needs to be changed in me and in my attitudes."

p. 417 Big Book

