

THE MINDFUL PATH TO ADDICTION RECOVERY



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The Mindful Path to Addiction Recovery The mindfulness movement has its roots in Eastern philosophies and meditation techniques such as those found in Tibetan Buddhism, Indian yoga and Chinese Taoism.

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"The Mindful Path to Addiction Recovery: a Practical Guide to Regaining Control over Your Life" explores the nature of addiction and the integration of mindfulness meditation into its treatment. Addiction is a means of managing painful or intolerable experience.

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"A mindful and compassionate attention is the very ground of recovery from addiction. In this book, Lawrence Peltz offers a penetrating understanding of the nature of addiction, and the meditation practices that can help us find freedom from this suffering.

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In his revolutionary book The Heart of Addiction, Dr. Lance Dodes examined the underlying emotions that drive addictive behaviors - whether drinking, gambling, sex, or eating. Now, in Breaking Addiction, Dodes presents a comprehensive guide outlining seven critical steps to overcome addiction, based on his findings.

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The Mindful Path to Addiction Recovery A Practical Guide

The Mindfull Path To Addiction Recovery is Dr. Lawrence Peltz's official contribution to the recently burgeoning field of Mindfulness Based therapeutic modalities. I'm am personally so dang glad mindfulness is trending up like it is.

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Mindful Path To Addiction Recovery

Larry Peltz, MD, the program's attending psychiatrist and author of "The Mindful Path to Addiction Recovery," says mindfulness practices bring an immediacy to treatment that encourages patients to live one moment at a time--more in the body than in the head--and learn to respond to experience instead of simply reacting.

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