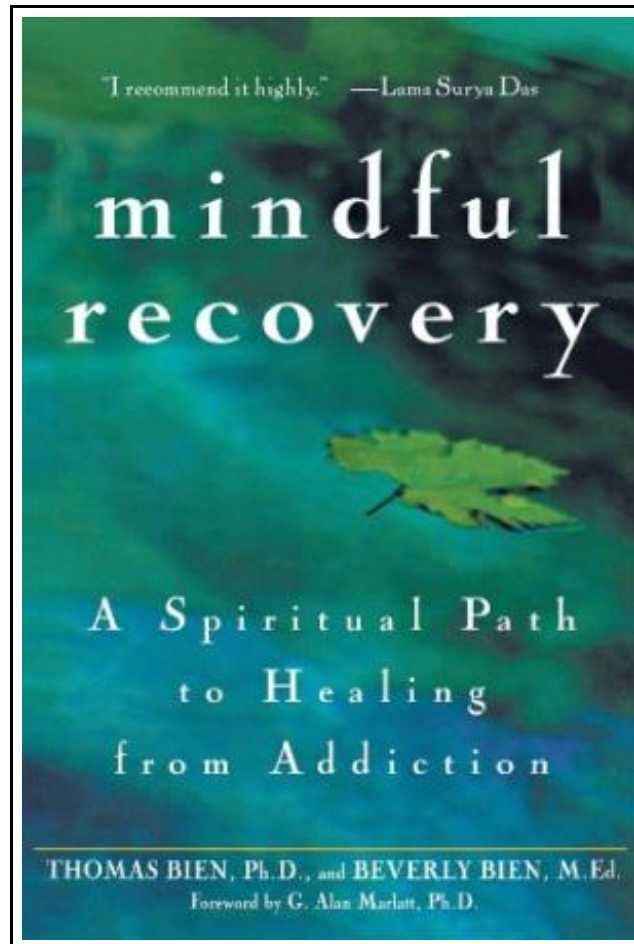


## Mindful Recovery: A Spiritual Path to Healing from Addiction



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## MINDFUL RECOVERY: A SPIRITUAL PATH TO HEALING FROM ADDICTION



Wiley. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 9.1in. x 6.1in. x 1.0in. This wise book provides practical exercises that will help us to develop conscious awareness and inner understanding, and the ways and means to free us from unsatisfying habits, addictions, and unconscious behavior patterns. I recommend it highly. --Lama Surya Das, author of the bestselling *Awakening the Buddha Within* Anyone interested in finding a kind, spiritual guide to recovery that focuses on flexibility rather than the one true way will benefit from this enjoyable and helpful book. --Maia Szalavitz, coauthor with Joseph Volpicelli, M. D. , of *Recovery Options: The Complete Guide* In *Mindful Recovery*, you'll discover a fresh and effective method for healing from addiction that can help you handle important challenges, from managing anxiety and resisting cravings to dealing with emotional and physical imbalance. Drawing on both ancient spiritual wisdom and the authors' extensive clinical psychological work with their patients over many years, *Mindful Recovery* shows you how to use the simple Buddhist practice of mindfulness to be aware of-- and enjoy-- life in the present moment without the need to enhance or avoid experience with addictive behaviors. *Mindful Recovery* guides you step by step through ten powerful doorways to mindful recovery, giving you specific strategies that can help you cultivate a sense of calm awareness and balance in your life. Filled with personal stories of recovery, practical exercises, instructions for meditation, and more, *Mindful Recovery* accompanies you on a journey of exploration and healing that will help you find the strength and the tools to change, leading you to a fresh new experience of everyday living. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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