



Mindful Recovery: A Spiritual Path to Healing from Addiction

Thomas Bien

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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.

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From reader reviews:

Flora Young:

This Mindful Recovery: A Spiritual Path to Healing from Addiction book is just not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is definitely information inside this reserve incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. This Mindful Recovery: A Spiritual Path to Healing from Addiction without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Mindful Recovery: A Spiritual Path to Healing from Addiction can bring if you are and not make your tote space or bookshelves' become full because you can have it in the lovely laptop even cell phone. This Mindful Recovery: A Spiritual Path to Healing from Addiction having very good arrangement in word and also layout, so you will not experience uninterested in reading.

Carmen Flood:

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