

"I recommend it highly." —Lama Surya Das

mindful recovery



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THOMAS BIEN, Ph.D., and BEVERLY BIEN, M.Ed.
Foreword by G. Alan Marlatt, Ph.D.

Mindful Recovery A Spiritual Path To Healing From Addiction

G Orfield



Mindful Recovery A Spiritual Path To Healing From Addiction:

Mindful Recovery Thomas Bien, Beverly Bien, 2007-08-03 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

Addiction & Recovery For Dummies Paul Ritvo, 2023-05-03 No matter what your road to recovery looks like *Dummies* is on your side *Addiction and Recovery For Dummies* gives you the tools you need to identify and face addiction in yourself or a loved one while working towards a healthy and realistic approach to recovery This book offers a compassionate unbiased and non judgmental guide to evaluating and overcoming addiction You ll learn to identify the range of addiction levels the various types including substance and non substance and the possible causes of addiction An expert author guides you through the range of addiction treatment philosophies and approaches including twelve step programs other in and outpatient programs and teen treatments We ll also look at common recovery roadblocks so you re prepared to overcome whatever hurdles your recovery process brings Medications therapeutic communities self help groups long term recovery strategies it s all in here Learn the signs of addiction and identify the most appropriate treatments Gain advice on offering help to friends or family members struggling with addiction Discover available recovery supports including groups and medications Understand the media and cultural factors that encourage addiction and how to avoid them Updated with the latest treatment options *Addiction Recovery For Dummies* is a valuable resource for those on a recovery journey and a support guide for the 45 million people who are directly impacted by addiction

Total Sex Addiction Recovery - a Guide to Therapy Dorothy Hayden, 2013-03-07 This new book by Dorothy Hayden sheds new light on sexual addiction and its many forms of treatment It is a comprehensive guide that adds practical strategies and therapy tools for how to address sufferers from sexual addiction

This book is a must have for clinicians as it provides effective tools on how to address individuals couples and groups struggling with this condition Overall the blend of academic and real life case studies throughout each chapter will help readers move in their journey toward recovery Dr Kimberly S Youngfounder and director the Center for Internet Addiction Recovery and author of Tangled in the Web Understanding Cybersex from Fantasy to Addiction Great stuff Solid information for those who are looking for real help from this insidious issue A comprehensive overview of sexual addiction and treatment modalities Its staying on MY short list of recommended books for our clients here at Compulsion Solutions George N Collins Director Compulsion Solutions Author of Breaking the Cycle Free Yourself from Sex Addiction Porn Obsession and Shame Co author of A Couples Guide to Sexual Addiction [Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery](#) Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage of neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more **Library Journal**, 2002 **The Writers Directory**, 2013 **The British National Bibliography** Arthur James Wells, 2003 [American Book Publishing Record](#), 2002 **Forthcoming Books** Rose Arny, 2002 **Drug Addiction Recovery: The Mindful Way** Christopher Dines, 2019-03-07 A process for healing from paralyzing grief addiction and emotional wounds Rudolph E Tanzi PhD New York Times bestselling author Healing from addiction can be an intensely painful process as decades of frozen grief are unpacked This book is written to help recovering addicts to work through old wounds including bereavement abandonment betrayal and abuse It uses effective mindfulness practices to complement long term recovery and to help process sometimes overwhelming feelings Mindfulness is also recognized as a powerful tool in relapse prevention Interspersed with personal reflections from the author s own experience and stories from those with similar experience this book balances insight and support with practical strategies and mindfulness tools Covering everything those recovering from addiction might need to know including the need to grieve coping with depression and shame and spiritual wellbeing it also offers a number of guided meditations as well as a variety of different exercises For those building emotional wellbeing and peace in recovery Drug Addiction Recovery The Mindful Way offers healing ways to enhance self respect and points the path to serenity [Books in Print Supplement](#), 2002 [Rise in Recovery](#) Lcsw Kimberley La Farge Berlin, 2024-04-23 What is spirituality how do we find it nurture it and live it and how do we apply it to healing from a soul crushing disease Alcohol and substance abuse disorders have baffled medical practitioners for centuries because addiction is more than a neurological or physical disorder it is a malady that eats at the soul Rise in Recovery The Spiritual Path for Healing Addiction merges ancient wisdom with neuroscience and covers the powerful effects of using spiritual practices to heal the overall damages of addiction While neuroscientists have proven that spiritual practices positively affect and heal brain areas no book has taken this wisdom and applied it to treating addiction Weaving together intimate first person and client stories Rise in Recovery

takes a unique and proven approach that breaks through outdated ideas to bring a sea change in how we can achieve long term recovery

Subject Guide to Books in Print ,1991 **Finding Peace Within** Blaine Cook,2024-10-04 Finding Peace Within A Mindful Path to Healing from Addiction explores the complex nature of addiction and presents mindfulness as a powerful tool for recovery The book begins by addressing the multifaceted aspects of addiction helping readers understand the psychological emotional and physical dimensions of this struggle It emphasizes that addiction often arises from unmet needs and unresolved pain leading individuals on a journey of self discovery Through this journey the importance of self awareness and reflection is highlighted as a foundation for recovery Understanding the root causes of addictive behavior is a crucial step toward healing and transformation The core of the book introduces mindfulness as a practice to cultivate awareness and presence in daily life By focusing on the present moment individuals can observe their thoughts emotions and cravings without judgment allowing them to break free from the cycle of addiction The spiritual aspect of recovery is also emphasized as mindfulness opens the door to deeper connections with oneself and the world around them This spiritual dimension provides a sense of purpose and inner peace which are vital for long term healing and personal growth In addition to mindfulness the book offers transforming practices for daily life including meditation breathwork and self compassion exercises These tools help individuals navigate challenges and setbacks that may arise during their recovery journey By embracing a mindful approach readers are encouraged to cultivate resilience and embrace a new way of life Ultimately Finding Peace Within presents a holistic path toward healing integrating emotional mental and spiritual well being into the recovery process

Film & Video Finder ,1997 Paperbound Books in Print 1995 Reed Reference Publishing,R5ference Reed,1995-12 **The Gift of Recovery** Rebecca E. Williams,Julie S. Kraft,2018-06-01 Addiction recovery doesn t happen all at once it s something that must be worked for every day Written by two mindfulness and addiction experts The Gift of Recovery offers quick in the moment tips and tricks to help readers cope with daily stress and stay firmly on the path to wellness With this gentle easy to use guide readers will learn how to navigate relationships take time for self care and build a mindful sustainable and joyful recovery

Spirit Recovery Medicine Bag Lee McCormick,Mary Faulkner,2014-06-03 Feeling limited by circumstances substances or behaviors often leads to the simple yet profound question Is this all there is This question is an opportunity to rediscover one s truth and live life more fully and authentically Spirit Recovery Medicine Bag offers readers a path to finding their personal answer to this question in an engaging two part format In Part One readers will join Lee McCormick as he reflects on his personal journey of recovery and transformation a journey that initiated him into a life of helping others recover their own sense of self and purpose Part Two is a medicine bag of healing practices designed to guide readers in developing self awareness and awakening their sense of power specifically the power of choice rooted in personal values and commitment to living those values Covering a variety of topics addressing spirituality awareness and consciousness the authors pose questions for reflection and self investigation along the way Spirit Recovery

Medicine Bag is not a negation of Twelve Step recovery but a tool for expanding awareness and increasing involvement regardless of the path one is walking In Twelve Step language it builds on Step 12 s direction to practice these principles in all one s affairs The authors believe that the inner journey to one s truth and the creative expression of that truth make for a good definition of spirituality and they offer readers a very real message of the possibility of living happy joyous and free through spirit recovery

The Journey Within Ruth Fishel,2010-01-01 Ruth has shared her personal journey and given you powerful tools of meditation affirmations and visualizations to help you grow spiritually

The Journey Toward Complete Recovery Michael Picucci,1998-09-25 Founder of the Institute for Staged Recovery in New York City and creator of Authentic Process Therapy Picucci is an addictions counselor who bases his methods primarily on personal experience In this updated edition of his self published Complete Recovery Picucci describes a Stage Two recovery program for evolving beyond freedom from addictions to holism which encompasses joy bliss love empowerment creativity respect for all life and peace Picucci makes an interesting distinction between recovery from addictions and childhood traumas and recovery of fulfillment wisdom serenity and emotional spiritual and sexual wholeness Using a structure of 12 stations which can be visited and revisited in any order as often as needed he guides readers through six fundamental and six emergent modules of this process for healing the spiritual sexual split and the cultural pain of oppressed minorities and ultimately achieving the shame free presentation of self Picucci says he offers nothing less than a re birthing process through a combination of one on one psychotherapy support groups and spirituality His own life experiences as a gay man once married now HIV positive surviving AIDS cancer a heart attack triple bypass surgery and drug and alcohol addictions give him a uniquely credible perspective on healing and wholeness In his cogent well organized handbook Picucci functions a bit like the gay shamans who had a special place in North American Indian tribes His compassionate acceptance of diversity will inspire many readers to care to take the next step and seek the help they need

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