

"I recommend it highly." —Lama Surya Das

mindful recovery



A Spiritual Path
to Healing
from Addiction

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

Aaron Pycroft



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 Das weise Herz Jack Kornfield, 2014-12-16 Das neue gro e Buch des Erfolgsautors und ber hmten buddhistischen Lehrers Schl gt man ein grundlegendes Buch ber den Buddhismus auf erwartet man als Erstes den Hinweis auf das allem Leben zugrunde liegende Leiden Nicht so bei Jack Kornfield Im Ursprung schreibt er liegt die W rde die unser tiefstes Wesen ausmacht Sie entstammt unserer Verbundenheit mit allem Lebendigen die die Wurzel jedes wahrhaftigen Mitgef hls ist Seine Vision des Buddhismus offenbart ein absolut positives und ermutigendes Menschenbild Kornfield versteht den Buddhismus als gro artiges psychologisches Konzept und nicht als ab und ausgrenzende Religion *Das weise Herz* ist ein machtvolleres Buch der Heilung und zugleich eine Laudatio auf Buddha als den gr ten Heiler Es widerlegt berzeugend die Auffassung dass ber den 2500 Jahre alten Buddhismus nichts wirklich Neues und Aufregendes mehr geschrieben werden kann *Das weise Herz* ist Kornfields Meisterwerk und d rfte bald nach seinem Erscheinen einen Platz unter den zeitlosen Klassikern des Genres behaupten Jack Kornfield geh rt mit dem Dalai Lama und Thich Nhat Hanh zu den ganz gro en buddhistischen Lehrern Erstmalige Darstellung des Buddhismus als eines gro artigen Systems positiver Psychologie *The Mindful Path to Addiction Recovery* Lawrence Peltz, 2013-03-12 Mindfulness the quality of attention that combines full awareness with acceptance of each moment just as it is is gaining broad acceptance among mental health professionals as an adjunct to treatment Because at the heart of addiction is the fear of painful emotional states addicts compulsively seek drugs and alcohol to avoid or escape emotional pain Mindfulness on the other hand helps us develop greater acceptance and ease with

life's challenges as well as greater self-compassion. Here Dr. Lawrence Peltz, who has worked as an addiction psychiatrist for more than two decades, draws from his clinical experience and on the techniques of mindfulness-based stress reduction (MBSR) to explain the fundamental dynamics of addiction and the stages of the recovery process and also gives us specific mindfulness exercises to support recovery.

Mindful Recovery: Using Meditation to Overcome Addiction Gayira Dennis, 2025-01-02

Harness the Power of Meditation to Achieve Lasting Sobriety: Unlock the transformative potential of meditation with *Mindful Recovery: Using Meditation to Overcome Addiction*. This essential guide offers practical strategies and expert insights to help you overcome addiction and achieve lasting sobriety through the power of mindfulness and meditation. About the Book: *Mindful Recovery: Using Meditation to Overcome Addiction* provides a comprehensive roadmap for integrating meditation into your recovery journey. Written by leading mindfulness and addiction recovery experts, this book equips you with the tools and techniques needed to harness the healing power of meditation and build a fulfilling sober life.

Key Features:

- Understanding Mindfulness and Addiction:** Gain insights into how mindfulness and meditation can effectively address the root causes of addiction and support long-term recovery.
- Meditation Techniques for Recovery:** Discover a variety of meditation practices tailored to different stages of recovery, including mindfulness meditation, loving-kindness meditation, and body scan meditation.
- Managing Cravings and Triggers:** Learn how to use meditation to manage cravings and triggers, reducing the risk of relapse and enhancing emotional resilience.
- Emotional Healing and Growth:** Explore how meditation can promote emotional healing, helping you process past trauma and build a healthier, more balanced mindset.
- Building a Mindful Lifestyle:** Find practical advice on incorporating mindfulness into your daily life, including tips for creating a meditation routine, mindful living practices, and integrating mindfulness into relationships and activities.

Why Choose This Book? *Mindful Recovery: Using Meditation to Overcome Addiction* stands out for its compassionate and practical approach. It combines expert guidance with real-life success stories, making it an invaluable resource for anyone seeking to overcome addiction through mindfulness and meditation. This book is designed to be your trusted companion on the journey to mindful recovery and lasting sobriety.

Who Should Read This Book? Individuals struggling with addiction, friends and family members seeking to support a loved one, addiction counselors and therapists, mindfulness and meditation practitioners, anyone interested in integrating mindfulness into recovery.

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 inpatient 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*

Mindfulness-Based Relapse Prevention for Addictive Behaviors Sarah Bowen, Neha Chawla, G. Alan Marlatt, 2011-04-25 This book has been replaced by *Mindfulness Based Relapse Prevention for Addictive Behaviors* Second Edition ISBN 978 1 4625 4531 5

Sexuality and Addiction Raven L. Badger, 2012-07-06 This book provides an understanding of how sexuality and addiction are intertwined helping those who counsel substance abusers and individuals who have experienced negative sexual messages or experiences to improve their sexual health and enjoyment This book presents a broad overview of sexual health issues that documents the links between sexuality and substance abuse and describes how counselors can help individuals who have been impacted by negative sexual experiences can find a way out of the pain that leads them to addiction or back to substance abuse Using the sexual health model as a framework for discussion author Raven L James PhD explains how sexual health and substance abuse are often connected provides examples of real life experiences and identifies issues to consider in adopting healthier attitudes and sexual behaviors as well as effective methods for achieving them Each chapter provides focused content followed by an explanation of the subject's connection to substance abuse Tips for counselors sample lesson plans and ideas tangible tools to use in sexual health groups and related resources area also included Whether the reader is personally afflicted a helper or a loved one the information in *Sexuality and Addiction Making Connections Enhancing Recovery* will provide a new perspective on how to help clients

improve their sexual self esteem find ways to improve sexual relationships with themselves and others and most of all to restore hope for sexual health in recovery

Healing America Congressman Tim Ryan, 2018-09-18 From one of this country's most thoughtful and committed leaders this optimistic pragmatic guide now revised and updated to reflect the current political climate offers a timeless practice to inspire hope for our country's future When *A Mindful Nation* was first published mindfulness had yet to ingrain itself into our everyday way of life from our inner well being to home to work to friends to family Yet with the ever increasing pace of communication flow of information and pervasive urge to do more the lessons from *A Mindful Nation* are perhaps even more important today In this new and updated edition retitled *Healing America* Congressman Tim Ryan shares how the timeless practice of mindfulness the natural capabilities of our brains and minds and the core American values of self reliance determination and getting the job done can positively affect every sector of our society Ryan connects the dots between what's happening in the classrooms hospitals boardrooms research labs and military bases across the country He explores the most recent scientific findings that support the beneficial effects of mindfulness and shares powerful stories from the field showing how this simple practice is helping schoolchildren improve their ability to learn veterans heal from trauma and CEOs become more effective leaders He also provides practical tips for how to incorporate mindfulness into your life today In this world of divisive politics and contentious dialogue the barrage of tension never seems to let up But there are solutions that will immediately benefit both you and society as a whole actions that you can take right here and right now With a direct and in depth understanding of politics government budgets and what it takes to get important tasks done Ryan combines a practical approach with a hopeful vision for how mindfulness can help reinvigorate the American Dream

Mindful America Jeff Wilson, 2014-07-01 Thirty years ago mindfulness was a Buddhist principle mostly obscure to the west Today it is a popular cure all for Americans daily problems A massive and lucrative industry promotes mindfulness in every aspect of life however mundane or unlikely Americans of various faiths or none at all practice mindful eating mindful sex mindful parenting mindfulness in the office mindful sports mindfulness based stress relief and addiction recovery and hire mindful divorce lawyers Mindfulness is touted by members of Congress CEOs and Silicon Valley tech gurus and is even being taught in public schools hospitals and the military Focusing on such processes as the marketing medicalization and professionalization of meditation Jeff Wilson reveals how Buddhism shed its countercultural image and was assimilated into mainstream American culture The rise of mindfulness in America Wilson argues is a perfect example of how Buddhism enters new cultures and is domesticated in each case the new cultures take from Buddhism what they believe will relieve their specific distresses and concerns and in the process create new forms of Buddhism adapted to their needs Wilson also tackles the economics of the mindfulness movement examining commercial programs therapeutic services and products such as books films CDs and even smartphone applications *Mindful America* is the first in depth study of this phenomenon invaluable for understanding how mindfulness came to be applied to such a vast array of non religious

concerns and how it can be reconciled with traditional Buddhism in America Cognitive Behavioral Group Therapy Ingrid Sochting, 2014-10-20 With coverage of the latest theory and research this is a complete guide to implementing cognitive behavioral group therapy for practitioners and trainees in a range of mental health disciplines Presents evidence based protocols for depression panic social anxiety generalized anxiety posttraumatic stress OCD compulsive hoarding psychosis and addiction Provides innovative solutions for achieving efficient effective therapy as mandated by emerging health care priorities as well as trouble shoots for common problems such as dropouts Details unique strategies for working with ethnic minorities and clients across the age spectrum along with material on mindfulness augmentation and transdiagnostic approaches Includes clear accessible instructions complete with references to DSM 5 diagnostic changes real life clinical examples and group session transcripts Breathing Under Water Richard Rohr, 2013-11-04 The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality says Richard Rohr He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it To survive the tidal wave of compulsive behavior and addiction Christians must learn to breathe under water and discover God's love and compassion In this exploration of Twelve Step spirituality Rohr identifies the Christian principles in the Twelve Steps connecting The Big Book of Alcoholics Anonymous with the gospel He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior Rohr offers encouragement for becoming interiorly alive and inspiration for making one's life manageable for dealing with the codependence and dysfunction sin rampant in our society *Mindful Therapy* Thomas Bien, 2011-03-17 Welcome and much needed addition to the literature for psychotherapists therapists in training and occupational therapists and other types of teachers Mindful Therapy offers to them ways to bring the teachings of Buddhism into a psychotherapeutic practice and a thorough explanation of the benefits of doing so The book will be of value to therapists of every variety in the way that Medicine and Compassion while molded for caregivers in general was applauded by medical journals Author Tom Bien offers an energizing an expansive perspective Grounded in his understanding of Buddhist teachings his book suggests a model of integration of particular value to beginning therapists or those still in training offering ways in which the therapist can mindfully care for themselves amid the challenges of their practice Tools useful to clients as well are discussed Bien sees therapists as practicing in the ancient traditions of various healers of spirit whose greatest skill and gift to others is above all the mindful presence Mindful Therapy is comprised of a useful highly readable balance of theoretical groundwork personal experience case studies and practice exercises Emotions and The Body in Buddhist Contemplative Practice and Mindfulness-Based Therapy Padmasiri de Silva, 2017-06-30 This book represents an outstanding contribution to the field of somatic psychology It focuses on the relationship between body and emotions and on the linkages between mindfulness based emotion studies and neuroscience The author discusses the awakening of somatic intelligence as a journey through

pain and trauma management the moral dimensions of somatic passions and the art and practice of embodied mindfulness Issues such as the emotions and the body in relation to Buddhist contemplative practice against the background of the most recent findings of current neuroscience are expanded in the book A broad review of the Darwinian Jamesian heritage on emotion studies is a unique contribution to the tradition of the somatogenic strands of emotions and provides a contrasting focus to the ideogenic emotions in Sigmund Freud This work provides an invaluable resource for students of psychology and philosophy psychotherapists and meditation teachers students and for anyone with an interest in the field of somatic psychology

Identification and Treatment of Alcohol Dependency Professor Colin R. Martin, 2008 Colin Martin has brought together an excellent set of contributors to produce a truly comprehensive text that will ensure all interested professionals can not only update their knowledge but also better understand each other's roles and how best to help patients and clients through shared working to achieve a common goal of better health This book is not just for people who see themselves as having a primary role in the field but also for those teachers the police and family members who live daily with its effects Professor Dame Betty Kershaw University of Sheffield UK Alcohol dependency represents an enduring problem for both the individual and wider society Despite contemporary media coverage on increasingly dangerous levels of drinking in the United Kingdom the fact remains that excessive alcohol consumption has been a distinguishing feature of Western society for generations This book is arranged by a number of themed parts largely representing the key areas in the process of facilitating access to effective clinical management The book will also be of interest to the wider public who have an interest or concern in relation to alcohol dependency Contents include Part 1 Identification Part 2 Medical interventions Part 3 Psychological interventions Part 4 Contemporary issues in the identification and treatment of alcohol dependency Part 5 Clients with complex needs Part 6 Reproductive and developmental concerns

Treating Addiction William R. Miller, Alyssa A. Forcehimes, Allen Zweben, 2011-11-11 This book has been replaced by *Treating Addiction* Second Edition ISBN 978 1 4625 4044 0

Mindful Counselling & Psychotherapy Meg Barker, 2013-10-10 This book breaks new ground by relating mindfulness to all of the other therapeutic approaches across all the common presenting problems in counselling psychotherapy Mindfulness is increasingly recognised as an effective therapeutic treatment with positive research outcomes evaluating its success Meg Barker responds to our growing consciousness of mindfulness approaches considering how its principles can inform everyday therapeutic work The book covers ways in which mindfulness approaches complement each therapeutic approach as well as any potential conflicts and tensions that might arise spells out how a mindfulness approach would understand and work with common presenting issues including depression anxiety and addiction brings together work on mindfulness from across psychotherapy science and philosophy suggests possible future directions in mindfulness particularly those which emphasise the social component of suffering This engaging and accessible book will appeal to all counselling and psychotherapy students as well as any therapist looking to complement their own approach with mindfulness

theory and practice Meg Barker is a senior lecturer in psychology at the Open University [A Guide for Spiritual Living](#) George L. McLaird, 2012-07 Religions come in predetermined packages They come with an approved name for the creator of existence the name of their superstar their all star team their approved beliefs songs and in some cases dress codes and dietary requirements In [A Guide for Spiritual Living](#) author Rev George L McLaird presents a wide variety of alternatives if you are uncomfortable with or frustrated by your present religious experience or spiritual condition or if you have no idea where to begin searching for your own personal spiritual path [A Guide for Spiritual Living](#) offers a plethora of suggestions for living spiritually living as healthily as possible every day and in every way It includes ideas for activities contemplation and self nourishment as well as advice for addicts to feed the spirit mind and body and exercises to help clarify your path Advocating a holistic approach McLaird teaches that spiritual living requires flexibility growing morphing and constantly being revised refreshed and reinvented He helps you structure a spiritual path that is uniquely yours by showing you how to listen to your own internal dialogue and how to use that information for your growth George is a spiritual guru of the highest order People want what he's got and this book provides a roadmap for how to get it a more spiritual fulfilling balanced and happy life I'll be recommending it to anyone and everyone who will listen William Morrison Founder CEO Alta Mira Recovery Center Sausalito CA www.altamirarecovery.com Many people are served by religious belief practice Others are either indifferent or have felt harmed by religion George's workbook transcends either experience by creating a workbook for spiritual seeking that can deepen one's religious practice or blazes a new trail for spiritual awakening Sonnee Weedn PhD President and Founder of the Sonnee Weedn Institute of Integrated Therapies www.drsonneeweedin.com [Key Concepts in Substance Misuse](#) Aaron Pycroft, 2015-02-23 Drug use is a major challenge for public services healthcare professionals and policy makers all over the world This book offers a complete overview of the issues associated with substance misuse from an interdisciplinary perspective It begins by providing a reference guide to the different psychoactive substances looking at the biological and psychological impact of their use Key issues in the effect drugs have on society are then addressed before outlining methods of recovery and therapy Chapters include Reflective questions to challenge readers assumptions Case studies to help students understand the impact of substances on individuals Links to further resources to expand readers knowledge It will be valuable reading for those studying on degrees in criminology health nursing social work and counselling **Addiction and Recovery For Dummies** Brian F. Shaw, Paul Ritvo, Jane Irvine, 2011-05-09 Evaluate medications and treatment programs Break free from addictive substances or behaviors and get a fresh start Think you have an addiction This compassionate guide helps you identify the problem and work towards a healthy realistic approach to recovery explaining the latest clinical and self help treatments for both adults and teens This book also offers tips on reducing cravings handling your relationships and staying well for the long run Discover how to Identify the reasons for addiction Choose the best treatment plan Handle slips and relapses Detect addictions in a loved one Find help and support

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