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For
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Behaviors
Rebecca E
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patience, The
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through a journey
towards self-
understanding, self-
acceptance,
responsibility, and
healing." Laura E.
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psychologist in private
practice in Camarillo,
CA

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Workbook for Addiction
integrates our best
treatments for
addiction and the
emotional suffering
that comes with it. This
is a clear, step-by-step
approach that will help
readers move from
trying (and failing) to
avoid pain to living the
life that they want to
live, consistent with
their values and free
from the substance to
which they are
addicted.

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The Mindfulness
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is an impressive
synthesis of Eastern
and Western
techniques designed to
help those struggling
with addiction find a
path towards healing
and transformation.
Through the use of
mindfulness practices,

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cognitive-behavioral exercises, case examples and relevant metaphors, the authors entice readers to actively participate in their own recovery.

The Mindfulness Workbook for Addiction | NewHarbinger.com

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Workbook For
Trigger Addictive
Behaviors. Most
addictive behavior is
rooted in some type of
loss, be it the death of
a loved one, coming to
terms with limitations
set by chronic health
problems, or the end of
a relationship.

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offers a mindfulness-based program for treating addiction created by two psychologists in the Veteran's Administration health care system. This unique approach addresses the grief and loss that are often at the root of addiction.

**The mindfulness
workbook for
addiction : a guide
to coping ...**

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Written by the authors of The Mindfulness Workbook For Addiction, this on-the-go mindfulness guide offers fifty-two powerful and effective meditations to help you manage the stress, depression, and strong emotions that can get in the way of a full and lasting recovery.

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Their first book together, *The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress, and Anger that Trigger Addictive Behaviors* is popular with both therapists and recovering clients, and is used in addiction recovery centers across the country.

Rebecca Williams -
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The Mindfulness Workbook

Glasner-Edwards has expertly integrated the powerful combination of cognitive behavioral therapy (CBT), motivational enhancement, and mindfulness into an easily digestible treatment package that speaks directly to the person with an addictive disorder.

“A cutting-edge,

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**comprehensive, and
interactive approach**

To Coping With
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Behaviors Using CBT,
Mindfulness, and

Motivational
Interviewing

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offers an effective
program for working
through their addiction
and grief with cognitive

behavior therapy
(CBT), dialectical
behavior therapy
(DBT), and acceptance
and commitment

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therapy (ACT).

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ready to make a long-
term commitment, the
100 day mindfulness
challenge is free to join
and offers prompts in

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much the same way
that these worksheets
do. The main
difference is that the
mindfulness challenge
will arrive in your inbox
each day, so you will
be continually
reminded to practice.

Rebecca E
Williams

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noticing that there isn't
much out on the
market addressing
mindfulness in
addiction. I am a
therapist who has
worked extensively
with substance abuse
and believe this
workbook is the ideal
tool for individual and
group sessions.

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Written by the authors
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offers fifty-two
powerful and effective
meditations to help you
manage the stress,
depression, and strong
emotions that can get
in the way of a full and
lasting recovery. You'll
also find skills based in
cognitive behavior
therapy (CBT ...

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