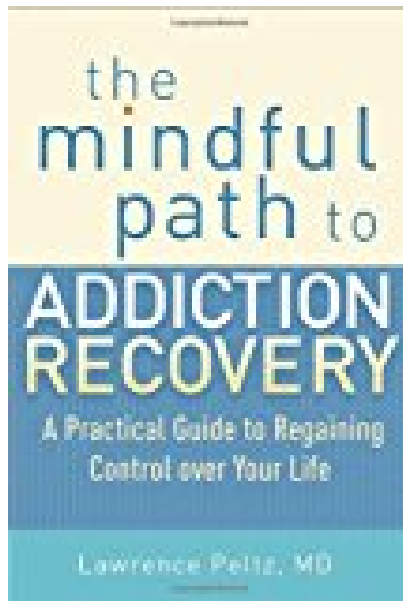


# The Mindful Path to Addiction Recovery A Practical Guide to Regaining Control over Your Life

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## BOOK DETAILS

- Author : Lawrence Peltz
- Pages : 240 Pages
- Publisher : Trumpeter
- Language : English
- ISBN : 1590309189

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## **BOOK SYNOPSIS**

Introduces the practice of mindfulness while explaining how it can offer beneficial approaches to addiction recovery, drawing on the authors expertise as an addiction psychiatrist to outline mindfulness-based stress reduction techniques while sharing illustrative patient stories. Original.

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