



The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors

Rebecca E. Williams, Julie S. Kraft MA

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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. By turning to drugs and alcohol, people who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction.

The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction and grief with cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is serving, and replace the addiction with healthy coping behaviors.

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Victor Brown:

This book untitled The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors to be one of several books which best seller in this year, here is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book store or you can order it by using online. The publisher in this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Mobile phone. So there is no reason for you to past this book from your list.

Irene Carpenter:

In this period of time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. Typically the book that recommended for your requirements is The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors this reserve consist a lot of the information on the condition of this world now. This particular book was represented how can the world has grown up. The language styles that writer use for explain it is easy to understand. Typically the writer made some exploration when he makes this book. Honestly, that is why this book suited all of you.

Peggy Dunn:

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