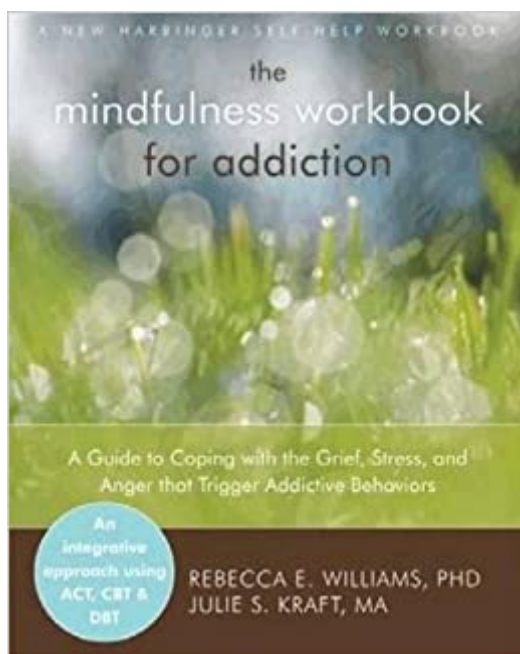


The book was found

The Mindfulness Workbook For Addiction: A Guide To Coping With The Grief, Stress And Anger That Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook)



Synopsis

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.

Book Information

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Customer Reviews

“The Mindfulness Workbook for Addiction is a brilliant blend of psychology and spirituality. Williams and Kraft have written a breakthrough manual, clearly and intelligently laid out, that blends the most current understanding of addiction with the powerful practices of mindfulness. One of the best books on living with integrity we have read in years.” —Michele HÃfÃ©bert,

author of *The Tenth Door*, and Mehrad Nazari, PhD, director of the Raja Yoga

Institute. “What a gift! This wonderful workbook will help you understand how addictions function as a false remedy for negative feelings. It is packed with stories, metaphors, worksheets, and activities that will teach you how to befriend your mind and use it as a resource for recovery and fulfillment. The authors use everyday language to describe the complexities of the human condition, and help you systematically learn and practice skills to accept your feelings, live with integrity by honoring your values, and enrich your relationships. The workbook can be used by individuals or groups and will make a great adjunct for psychotherapy.”

—Heidi A. Zetzer, PhD, director of the Hosford Counseling & Psychological Services Clinic at the University of California, Santa Barbara. “Refreshing, unique, and practical. The *Mindfulness Workbook for Addiction* 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, cognitive-behavioral exercises, case examples and relevant metaphors, the authors entice readers to actively participate in their own recovery. This workbook offers creative, new ideas and practical recovery tools designed to facilitate real and lasting change. I can’t wait to

use it with my clients!”

—Phylis Wakefield, PhD, psychologist, specialist in addiction and trauma and coauthor of *Couple Therapy for Alcoholism*. “With warmth and patience, *The Mindfulness Workbook for Addiction* guides the reader step-by-step through a journey toward self-understanding, self-acceptance, responsibility, and healing. With practical knowledge of how painful emotions drive us to act against our own well-being and how to free ourselves from this struggle, Williams and Kraft have provided an invaluable resource for people in recovery and the therapists who aid them. Mental health professionals are offered a comprehensive map of the emotional ground traveled in recovery from addictions and other self-defeating behaviors, with spot-on teaching stories that illustrate each stage of the process.”

—Laura E. Forsyth, PhD, supervisor of psychological counseling at Moorpark College and psychologist in private practice serving adults with ADHD, depression and anxiety in Camarillo, CA. “With an engaging and conversational tone, Williams and Kraft show you how to change the energy of addiction. Their practical strategies allow addictive personalities to dig deep and tackle the genesis of their destructive behaviors and trigger positive-mindset solutions for living a more powerful life.”

—Stacey Canfield, author of *The Soul Sitter Handbook*. “The *Mindfulness Workbook for Addiction* is a practical, easy-to-read book that addresses addictions of all varieties. The workbook is rich in offering tools and insights that everyone can benefit from, whether they struggle with an addiction or not. The authors nicely use case examples and metaphors to bring the

concepts alive. This will be a valuable resource to anyone seeking to learn new skills for overcoming an addiction.

•Lee Williams, PhD, professor of marital and family therapy at the University of San Diego and co-author of *Essential Assessment Skills for Couple and Family Therapists*

“Williams and Kraft teach readers in a clear, compassionate, and concise way how to observe painful feelings as they arise. By learning how to tolerate and investigate their present-moment experiences, readers can stop harmful behaviors and make more valued life choices. This guide will be an essential addition to the library of anyone struggling with addiction and difficult emotions, and for all therapists who want to utilize an effective approach to help people live fuller, healthier lives.”

•Shoshana Shea, PhD, clinical psychologist focusing on mindfulness-based cognitive therapy in San Diego

“The authors have created a tool that can benefit all people who are dealing with addictions. The *Mindfulness 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. The focus on a nonjudgmental stance and acceptance of one’s self while also facing challenges and changing behaviors provides readers with the key tools needed to change their lives.”

•John R. McQuaid, PhD, associate chief of mental health at San Francisco VA Medical Center, professor of clinical psychology in the Department of Psychiatry at the University of California, San Francisco and coauthor of *Peaceful Mind*

Rebecca E. Williams, PhD, is an award-winning author and clinical psychologist specializing in recovery from mental illness and addictions. She received her master’s degree from Harvard University and her PhD from the University of California, Santa Barbara. She is currently the clinic director of the Veterans Affairs San Diego Healthcare System’s Wellness and Vocational Enrichment Clinic. In addition, she is an associate clinical professor in the Department of Psychiatry at the University of California, San Diego, an adjunct faculty member at the University of San Diego, and coauthor of *Couple Therapy for Alcoholism*. She has a psychotherapy practice in San Diego, CA.

Julie S. Kraft, LMFT, is an award-winning author. She received her master’s degree in marriage and family therapy from the University of San Diego’s School of Leadership and Education Sciences. She has provided counseling to veterans and their family members at the Veterans Affairs San Diego Healthcare System and has provided psychotherapy to individuals, couples, families, and groups in community settings. In her current position with Sharp HealthCare, she treats clients struggling with both addiction and mental health concerns. Julie has a private practice

in San Diego, CA.

I am a chemical dependency counselor and this book has come in handy for some group activities as well as individual treatment assignments for patients. I have yet to read the entire book but what I have has been fantastic!

I can not say enough good things about this book, and this company. Mindfulness is a good brand. its not only an established brand, but its trusted opinions. I refer this book to people on a regular basis. it has helped me in so many ways. This is an interactive workbook that is a self help book. It gives you reading material to teach you and then it gives you a section to apply what you just learned. I really felt enlightened when completing this book. not only did i buy the hard copy but i also have bought the online version. I have told so many parents with their kids in jail fighting addiction and being very unsuccessful at it tp say the least. this is a great book to have in the prisons.

I was going through a tough spot in my life and this workbook gave me exactly what I needed. I would highly recommend this book to anyone who wants to change their way and thinking. The tips and the way the book explains how we process information in our daily lives was very encouraging. I will keep this book to reference back when ever I need to wake up call.

This book is interesting, useful, and so worth it!! It's the best self help book I've ever read. It's the best tool I've found in decades to help me make progress in so many ways. Easy to understand. Like having a therapist in your backpack! I can't say enough about it! It's drawing me back day after day. I highly recommend it for everyone, not just for those with addictions.

I am a recovering alcoholic and I know for sure that paying attention to my thoughts and actions is very important. I have several journals and workbooks along with my AA Books that are guiding me through uncharted territories in my daily life. As a lot of alcoholics I know have told me of their own personal losses I can be helpful to them and definitely help myself on the journey of recovery and a new design for living. Outstanding!

This workbook contains practical exercises interspersed with stories. It is helpful in overcoming addiction. Doing the painstaking work as suggested has produced positive results over a short

period of time. This book is for those who are willing to roll up their sleeves and get to work on their addictions.

Deceptively simple in its approach, the activities are easy to do, effective, and utilize techniques of ACT, CBT, and DBT. I feel the gentle mindfulness framework is good for addiction and co-occurring disorders like PTSD, grief, and anxiety.

Great self help book but don't bother unless you're going to put the time into doing the many thought provoking activities I only made it halfway though myself but if you follow it and do everything within it it will be a great help to you easy read

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