



Mindfulness and the 12 Steps: Living Recovery in the Present Moment

Thérèse Jacobs-Stewart

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For those of us in recovery, *Mindfulness and the 12 Steps* offers a fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness, or bringing one's awareness to focus on the present moment. We can revisit each of the Twelve Steps, exploring the interplay of ideas between mindfulness and Twelve Step traditions--from the idea of living "one day at a time" to the emphasis on prayer and meditation--and learn to incorporate mindfulness into our path toward lifelong sobriety.

Through reflections, questions for inquiry, and stories from Buddhist teachers and others who practice mindfulness in recovery, *Mindfulness and the 12 Steps* will help us awaken new thinking and insights into what it means to live fully--body, mind, and spirit--in the here and now.

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Julia Hanson:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Mindfulness and the 12 Steps: Living Recovery in the Present Moment, you are able to enjoy both. It is very good combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

Matthew White:

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