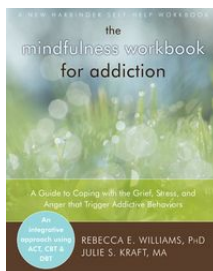


# THE MINDFULNESS WORKBOOK FOR ADDICTION: A GUIDE TO COPING WITH THE GRIEF, STRESS AND ANGER THAT TRIGGER ADDICTIVE BEHAVIORS

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...



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## Reader's Opinions

Wonderful resource for anyone dealing with self destructive behaviors as a result of stress or loss or life struggles. Great case studies and worksheets. Co- written by Julie Kraft. Just won second award.

This is a great resource for persons dealing with addiction or for treatment professionals to use in group or individual therapy.