

Thérèse Jacobs-Stewart

Resume/Bio Sheet



Thérèse Jacobs-Stewart is the author of *Mindfulness and the 12 Steps, Living Recovery in the Present Moment*. Readers explore how mindfulness can inform the daily practice of living. Included are lessons from ancient and contemporary Buddhist teachers, and a guided approach to putting mindfulness practices into action. *Mindfulness and the 12 Steps* comes alive with personal anecdotes from the author's own life and recovery, and resonates with a positive tone.

Thérèse Jacobs-Stewart has been a practicing psychotherapist, retreat and workshop leader, and international consultant for more than twenty-five years. She is a recognized expert in emotional intelligence, and the author of *Paths are Made for Walking: Practical Steps to Attaining Serenity*.

In 2004, Thérèse founded MindRoads Meditation Center, a community-based center offering a practical, actionable approach to mindfulness training and meditation. It is the home of the Saint Paul, Minnesota chapter of *Mindfulness and 12-Step* meetings and a member of the Buddhist Recovery Network.

Thérèse lives in St. Paul, Minnesota with her husband of thirty years, Jim, and their cat Johnny.