

# Mindfulness and the 12 Steps

## Living Recovery in the Present Moment

Thérèse Jacobs-Stewart

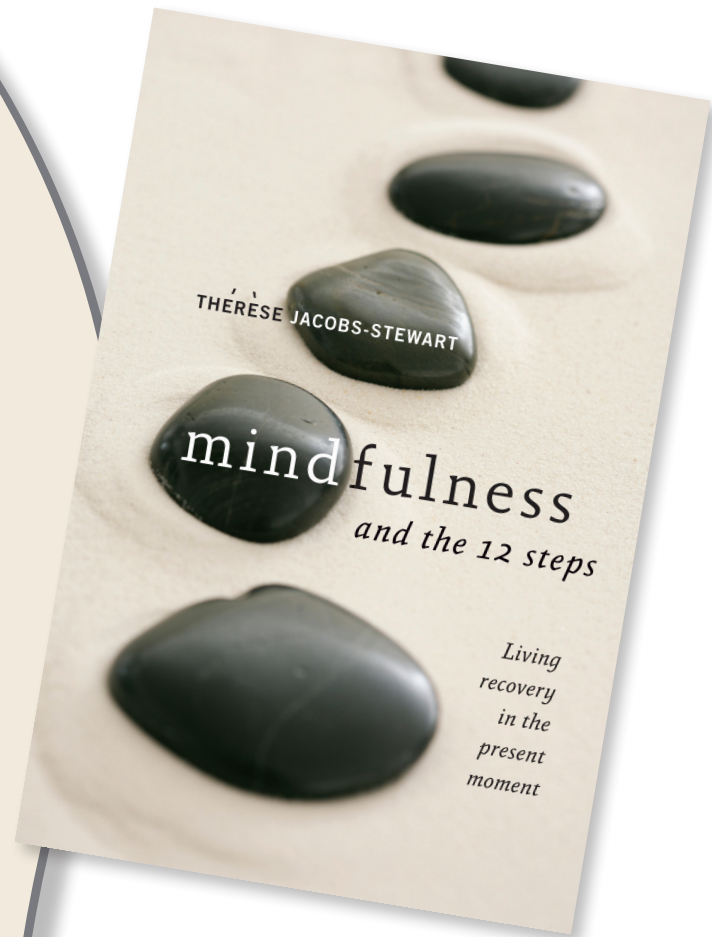
**A fresh resource to help those in recovery from addiction find their own spiritual path through the Buddhist practice of mindfulness**

In recent years, people of diverse social and religious backgrounds have embraced the Buddhist philosophy of mindfulness, or bringing one's awareness to focus on the present moment, to enrich their mental and spiritual lives.

*Mindfulness and the 12 Steps* provides those in recovery with a new resource and fresh perspective for developing their own spiritual path. While revisiting each of the Twelve Steps, readers explore the interplay of ideas between mindfulness and Twelve Step traditions and learn to incorporate mindfulness into their path toward lifelong sobriety. Reflections and questions for inquiry are complemented by stories from Buddhist teachers and members of the author's mindfulness recovery group, as well as by her personal story of recovery as a practicing Buddhist.

*Mindfulness and the 12 Steps* will help awaken new thinking and insights into what it means to live fully—body, mind, and spirit—in the here and now.

**Thérèse Jacobs-Stewart** has been a psychotherapist, meditation teacher, and consultant for more than twenty-five years. In 2004, she founded Mind Roads Meditation Center, which integrates contemplative practices from both East and West and is home of the Saint Paul, Minnesota, chapter of Twelve Steps and Mindfulness meetings. She is the author of *Paths Are Made by Walking: Practical Steps for Attaining Serenity*.



Available June 2010

\$14.95 U.S., \$19.95 CDN

ITEM #2862

ISBN 978-1-59285-820-0

RECOVERY/SELF-HELP

TRADE PAPER, 6"x9", 220 PAGES

Hazelden, a national nonprofit organization founded in 1949, helps people reclaim their lives from the disease of addiction.



To order: Individuals call 800-328-0098, 7 a.m.– 5 p.m. CST, M–F • Retailers call 800-328-9000