

Mindfulness and the 12-Steps ~ Reviews

"This is a remarkable book. Thérèse tells her personal story of recovery with the artistry of a memoirist; then she draws on an impressive range of knowledge in psychology, spirituality, and the Twelve Steps to show us the way out of the morass of pain and confusion that addiction creates. This is a book that is moving and inspiring, while at the same time full of practical guidance."

Kevin Griffin, Author, *A Burning Desire: Dharma God and the Path of Recovery* and *One Breath at a Time: Buddhism and the Twelve Steps*.

"A great way to break the cycle of addictive thinking that can lead to depression, suicide, or relapse."

Terry Gorski, Author, *Staying Sober: A Guide for Relapse Prevention*, and *Passages Through Recovery: An Action Plan for Preventing Relapse*.

"This gracious and elegant book is compelling witness of a life transformed. I see the vows of a Buddhist enlightened one (a Bodhisattva) being fulfilled on every page as Thérèse charts a new course to a life of freedom and awakening. Buy this book! I promise you that your experience of the 12 Steps will never be the same again."

William Alexander, Author, *Ordinary Recovery: Mindfulness, Addiction and the Path of Lifelong Sobriety and Still Waters*.

"In *Mindfulness and the 12 Steps: Living Recovery in the Present Moment*, Jacobs-Stewart skillfully illustrates how [the 12-Steps and mindfulness practices] may be used to build on each other and contribute to an individual's psychological growth. ...This straightforward book includes numerous personal anecdotes that will be helpful to a reader. Each chapter progresses through the 12 Steps and at the end includes a mindfulness exercise for the reader to practice as he or she works that particular step. *Mindfulness and the 12 Steps* is a spiritually focused, accessible guidebook for many who are recovering from an addiction."

Philip Knowles, PsycCRITIQUES,
American Psychological Association Review of Books
View the full review ["Stepping Mindfully Into Recovery From Addictions"](#)

"This book is wonderful! I appreciate Thérèse's strong female voice of recovery and mindfulness practice. Her 30 years of experience in recovery and mindfulness practice shows through her stories, examples, practice suggestions and knowledge of the 12 steps. This book is has helped me look more deeply into my own recovery from drugs and alcohol. More recently I have been working on my compulsive overeating and have found this book extremely helpful in finally addressing this issue. I would highly recommend this book to anyone searching for recovery. Her book will be an on-going resource for me. Thank you!"

Linda "Bayla" McDougal, Artist and Professor of Addiction Studies,
Minneapolis, Minnesota

"*Mindfulness and the 12 Steps* is a wonderful book. The winning combination of a strong author's voice, effective use of personal story, and weave of Mindfulness theory and practice throughout, make this book one you will read multiple times. I recommend this book for anyone interested in 12-step recovery and/or Mindfulness. I have given this book to clients, friends and family, and all have appreciated the book and told me they passed it on to others. The cover of the book is beautiful, so it is aesthetically beautiful as well as being intellectually and spiritually meaningful."

Lindsay A. Nielsen, Psychotherapist
Minneapolis, Minnesota

"I am a psychotherapist who works with many people in recovery. I read this book before recommending it to others and found Thérèse's voice to be strong, clear, and tremendously powerful. Her willingness to tell her story in such a rich and authentic way, with her dry humor woven throughout, made for a very informative and poignant read. I have since recommended it to several clients and a few family members. They reported that it helped deepen their understanding and illumination of the twelve steps. Moreover, this book provides a needed structure and process in helping people in recovery weave together the practice of meditation and mindfulness in their daily lives. People who are not in recovery would also benefit from Thérèse's words. I would highly recommend this book to anyone, whether or not in recovery."

Joan E. Wernick, Psychotherapist,
Saint Paul, Minnesota

"I have read several books on recovery and Mindfulness and the 12-Steps is one of the best. It combines the wisdom of Buddhism with the 12 steps of AA and really puts into perspective what living a sober life is all about. I love reading books on recovery written by recovering alcoholics and this book is no exception. The author tells her own story in a funny yet heart-breaking way while teaching the reader that in order to truly be happy in sobriety, you must find the peace within yourself; a feat that any recovering alcoholic knows is not always easy to do. This book really puts it all together, without lecturing or preaching. I highly recommend to anyone who is really looking to find that serenity we all seek in sobriety."

Redhead in Recovery
Amazon.com reviewer

"I am a psychologist and I read *Mindfulness and the 12 Steps* and loved it. I read it through fast once and then read it again. Not only is it packed with wisdom but Thérèse is a very good writer. Her personal struggles added so much to the experience. It is a gift for anyone who is interested in healing past wounds and deepening their understanding of themselves and their connection to others."

Mary Froiland, Licensed Psychologist
Minneapolis, Minnesota