

# Download Recovering Joy A Mindful Life After Addiction

The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction [Rebecca E. Williams PhD, Julie S. Kraft MA LMFT] on Amazon.com. \*FREE\* shipping on qualifying offers. If you're recovering from addiction, The Gift of Recovery offers quickKevin Griffin is a Buddhist author, teacher, and leader in the mindful recovery movement. Coming Events: April 27-May 4, 2019, Insight Meditation Retreat in Northern CaliforniaBoredom is challenging! This article provides 5 TIPS on dealing with boredom in addiction recovery that commonly occur shortly after treatment.Megan Cowan is a co-founder of Mindful Schools and comes to this work with over 15 years of formal and intensive mindfulness training, a background in teaching and education, and a degree from UC Berkeley in Alternative Health.