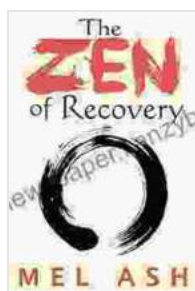


The Zen of Recovery: A Path to Healing and Wholeness

By Mel Ash

Addiction is a complex and challenging disease that can have a devastating impact on individuals, families, and communities. Traditional approaches to addiction treatment often focus on abstinence and relapse prevention, but they can be ineffective for many people. The Zen of Recovery offers a different approach, one that is based on the principles of Zen Buddhism and that emphasizes healing and wholeness.



The Zen of Recovery by Mel Ash

★★★★☆ 4.6 out of 5

Language : English
File size : 3637 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 260 pages
Lending : Enabled



The Zen of Recovery is a comprehensive guide to addiction recovery that provides a holistic approach to healing and wholeness. Drawing on the wisdom of Zen Buddhism, the book offers a range of tools and practices that can help people to recover from addiction and to live full and meaningful lives.

The Zen of Recovery is divided into three parts. The first part provides an overview of addiction and the principles of Zen Buddhism. The second part offers a range of tools and practices for addiction recovery, including mindfulness, meditation, yoga, nutrition, and community. The third part of the book discusses the importance of spirituality in addiction recovery and offers guidance on how to develop a spiritual practice.

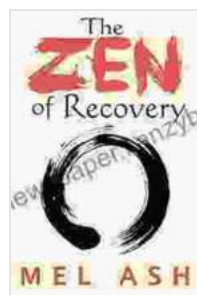
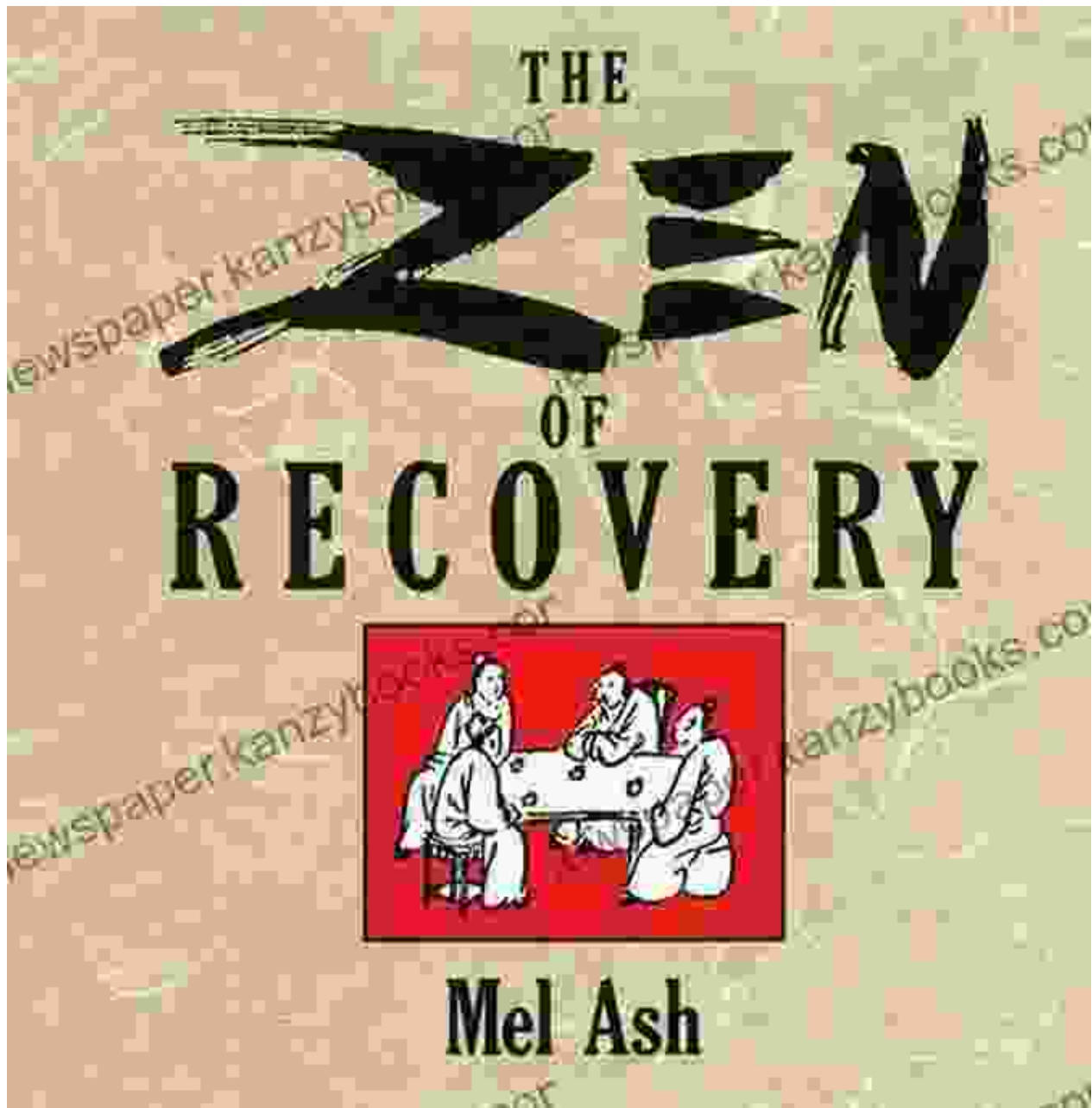
The Zen of Recovery is a valuable resource for anyone who is struggling with addiction or who is interested in learning more about Zen Buddhism. The book provides a wealth of practical information and guidance that can help people to recover from addiction and to live full and meaningful lives.

Here are some of the key features of The Zen of Recovery:

- A comprehensive overview of addiction and the principles of Zen Buddhism
- A range of tools and practices for addiction recovery, including mindfulness, meditation, yoga, nutrition, and community
- Guidance on how to develop a spiritual practice
- Personal stories from people who have recovered from addiction using Zen principles
- A directory of resources for addiction recovery

If you are struggling with addiction, The Zen of Recovery can help you to find a path to healing and wholeness. Free Download your copy today!

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