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Recovery By William Alexander**

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Using mindfulness techniques in substance abuse

Wow! Well done, Kim. Lots of easy to follow detail and wonderful descriptions of the process. Are you familiar with the book, "Cool Water: Alcoholism, Mindfulness

Ordinary recovery : mindfulness, alcoholism, and

Ordinary recovery : mindfulness, alcoholism, and the path of lifelong sobriety. Rev. ed. of: Cool water. 1997. Description: xvii, 149 p. : ill. ; 22 cm.

Hci books - william alexander

William Alexander is a writer and story teller. He is the author of Cool Water: Alcoholism, Mindfulness, and Ordinary Recovery, a classic book on the art of recovery.

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Cool water: Alcoholism, mindfulness and ordinary Mindful recovery: A spiritual path to healing from addiction. New York: John Mindfulness and psychotherapy.

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Cool Water by; William Alexander; illuminated his recovery from alcoholism, Alexander, who leads workshops in "Ordinary Recovery," suggests that people can

A burning desire dharma god & the path of

A Burning Desire Dharma God & The Path of Recovery . William Alexander, story teller, and author of Cool Water: Alcoholism, Mindfulness and Ordinary Recovery

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Bill Alexander: 56, New Jersey, sober since 1984, Zen practice since 1991, author of Cool Water Alcoholism, Mindfulness, and Ordinary Recovery

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Cool Water by Alexander, William at Wisdom Books Synopsis: Himself a recovering alcoholic and Zen student, the author uses anecdotes, suggestions and personal

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