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Recovery By William Alexander**

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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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Using mindfulness techniques in substance abuse

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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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