



# The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook)

By Rebecca E. Williams, Julie S. Kraft MA

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**The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook)** By Rebecca E. Williams, Julie S. Kraft MA

Most addictive behavior is rooted in some type of loss, be it the death of a loved one, coming to terms with limitations set by chronic health problems, or the end of a relationship. By turning to drugs and alcohol, people who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction.

*The Mindfulness Workbook for Addiction* offers readers an effective program for working through their addiction and grief with cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the function their addiction is serving, and replace the addiction with healthy coping behaviors.

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## **Editorial Review**

### Review

“*The Mindfulness Workbook for Addiction* is a brilliant blend of psychology and spirituality. Williams and Kraft have written a breakthrough manual, clearly and intelligently laid out, that blends the most current understanding of addiction with the powerful practices of mindfulness. One of the best books on living with integrity we have read in years.”

—Michele Hébert, author of *The Tenth Door*, and Mehrad Nazari, PhD, director of the Raja Yoga Institute

“What a gift! This wonderful workbook will help you understand how addictions function as a false remedy for negative feelings. It is packed with stories, metaphors, worksheets, and activities that will teach you how to befriend your mind and use it as a resource for recovery and fulfillment. The authors use everyday language to describe the complexities of the human condition, and help you systematically learn and practice skills to accept your feelings, live with integrity by honoring your values, and enrich your relationships. The workbook can be used by individuals or groups and will make a great adjunct for psychotherapy.”

—Heidi A. Zetzer, PhD, director of the Hosford Counseling & Psychological Services Clinic at the University of California, Santa Barbara

“Refreshing, unique, and practical. *The Mindfulness Workbook for Addiction* is an impressive synthesis of Eastern and Western techniques designed to help those struggling with addiction find a path towards healing and transformation. Through the use of mindfulness practices, cognitive-behavioral exercises, case examples and relevant metaphors, the authors entice readers to actively participate in their own recovery. This workbook offers creative, new ideas and practical recovery tools designed to facilitate real and lasting change. I can’t wait to use it with my clients!”

—Phylis Wakefield, PhD, psychologist, specialist in addiction and trauma and coauthor of *Couple Therapy for Alcoholism*

“With warmth and patience, *The Mindfulness Workbook for Addiction* guides the reader step-by-step through a journey toward self-understanding, self-acceptance, responsibility, and healing. With practical knowledge of how painful emotions drive us to act against our own well-being and how to free ourselves from this struggle, Williams and Kraft have provided an invaluable resource for people in recovery and the therapists

who aid them. Mental health professionals are offered a comprehensive map of the emotional ground traveled in recovery from addictions and other self-defeating behaviors, with spot-on teaching stories that illustrate each stage of the process.”

—Laura E. Forsyth, PhD, supervisor of psychological counseling at Moorpark College and psychologist in private practice serving adults with ADHD, depression and anxiety in Camarillo, CA

“With an engaging and conversational tone, Williams and Kraft show you how to change the energy of addiction. Their practical strategies allow addictive personalities to dig deep and tackle the genesis of their destructive behaviors and trigger positive-mindset solutions for living a more powerful life.”

—Stacey Canfield, author of *The Soul Sitter Handbook*

“The Mindfulness Workbook for Addiction is a practical, easy-to-read book that addresses addictions of all varieties. The workbook is rich in offering tools and insights that everyone can benefit from, whether they struggle with an addiction or not. The authors nicely use case examples and metaphors to bring the concepts alive. This will be a valuable resource to anyone seeking to learn new skills for overcoming an addiction.”

—Lee Williams, PhD, professor of marital and family therapy at the University of San Diego and co-author of *Essential Assessment Skills for Couple and Family Therapists*

“Williams and Kraft teach readers in a clear, compassionate, and concise way how to observe painful feelings as they arise. By learning how to tolerate and investigate their present-moment experiences, readers can stop harmful behaviors and make more valued life choices. This guide will be an essential addition to the library of anyone struggling with addiction and difficult emotions, and for all therapists who want to utilize an effective approach to help people live fuller, healthier lives.”

—Shoshana Shea, PhD, clinical psychologist focusing on mindfulness-based cognitive therapy in San Diego

“The authors have created a tool that can benefit all people who are dealing with addictions. *The Mindfulness Workbook for Addiction* integrates our best treatments for addiction and the emotional suffering that comes with it. This is a clear, step-by-step approach that will help readers move from trying (and failing) to avoid pain to living the life that they want to live, consistent with their values and free from the substance to which they are addicted. The focus on a nonjudgmental stance and acceptance of one’s self while also facing challenges and changing behaviors provides readers with the key tools needed to change their lives.”

—John R. McQuaid, PhD, associate chief of mental health at San Francisco VA Medical Center, professor of clinical psychology in the Department of Psychiatry at the University of California, San Francisco and coauthor of *Peaceful Mind*

## About the Author

**Rebecca E. Williams, PhD**, is an award-winning author and clinical psychologist specializing in recovery from mental illness and addictions. She received her master's degree from Harvard University and her PhD from the University of California, Santa Barbara. She is currently the clinic director of the Veterans Affairs San Diego Healthcare System's Wellness and Vocational Enrichment Clinic. In addition, she is an associate clinical professor in the Department of Psychiatry at the University of California, San Diego, an adjunct faculty member at the University of San Diego, and coauthor of *Couple Therapy for Alcoholism*. She has a psychotherapy practice in San Diego, CA.

**Julie S. Kraft, LMFT**, is an award-winning author. She received her master's degree in marriage and family therapy from the University of San Diego's School of Leadership and Education Sciences. She has provided counseling to veterans and their family members at the Veterans Affairs San Diego Healthcare System and has provided psychotherapy to individuals, couples, families, and groups in community settings. In her current position with Sharp HealthCare, she treats clients struggling with both addiction and mental health concerns. Julie has a private practice in San Diego, CA.

## Users Review

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#### **Victor Kohlmeier:**

This The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is usually information inside this reserve incredible fresh, you will get info which is getting deeper you read a lot of information you will get. That The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) without we understand teach the one who reading through it become critical in considering and analyzing. Don't possibly be worry The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) can bring when you are and not make your case space or bookshelves' become full because you can have it with your lovely laptop even mobile phone. This The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook) having very good arrangement in word and also layout, so you will not sense uninterested in reading.

#### **Anthony Laflamme:**

Reading a publication can be one of a lot of activity that everyone in the world likes. Do you like reading book thus. There are a lot of reasons why people like it. First reading a guide will give you a lot of new facts. When you read a e-book you will get new information mainly because book is one of a number of ways to share the information or perhaps their idea. Second, looking at a book will make a person more imaginative. When you reading through a book especially tale fantasy book the author will bring that you imagine the story how the figures do it anything. Third, you may share your knowledge to others. When you read this The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook), it is possible to tells your family, friends and soon about yours publication. Your knowledge can inspire different ones, make them reading a guide.

**Debera Jessie:**

Reading a guide tends to be new life style within this era globalization. With examining you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can easily share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their reader with their story or their experience. Not only the story that share in the books. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors in this world always try to improve their proficiency in writing, they also doing some investigation before they write to the book. One of them is this The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook).

**Lawrence Pomerleau:**

With this era which is the greater man or woman or who has ability in doing something more are more treasured than other. Do you want to become certainly one of it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to experience a look at some books. Among the books in the top collection in your reading list is actually The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors (A New Harbinger Self-Help Workbook). This book that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking upwards and review this guide you can get many advantages.

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