

FOREWORD BY G. ALAN MARLATT, PH.D.

THE  
TAO  
OF  
SOBRIETY



Helping You to Recover from  
Alcohol and Drug Addiction

DAVID GREGSON & JAY S. EFRAN, PH.D.

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# Tao Of Sobriety

**Jerry L.**



## Tao Of Sobriety:

**The Tao of Sobriety** David Gregson, Jay S. Efran, 2007-04-01 The Tao of Sobriety shows how to apply eastern philosophy to enhance recovery from addiction to alcohol and other drugs With a few simple mental exercises readers can learn how to quiet The Committee those nasty mental voices that undermine serenity and self esteem With leaders of the recovery movement enthusiastically endorsing this uniquely helpful book The Tao of Sobriety is an invaluable addition to the recovery bookshelf *The Tao of Recovery* Jerry L., 2004 This book is a re working of Lao Tsu s Tao Teh Ching utilizing the language and experience of recovery It is a modern day guide using the ancient wisdom of the Tao Teh Ching for people recovering from addiction Suitable for members of 12 Step Recovery programs their significant others and professionals in the field

**The Tao of Recovery** Jim McGregor, 2014-09-01 The friends and family of a drug or alcohol addict are often left out of the recovery process The timeless wisdom of the Tao has been adapted to gently change those who are suffering into peaceful healthy self confident humans ready to fully rejoin life in a serene and harmonious way **Powerless But NOT Helpless** Buddy C., 2021-07-15 Like a child who receives a gift but plays with only the box we possessed sobriety the entire time and did not know it v17 Buddy C If you are reading this you or someone you love is probably dealing with a life controlling addiction even though they have tried to break free The author Buddy C wrestled with the same dilemma Years of heartfelt efforts poured into a black hole only to return to a destructive lifestyle Buddy tried the twelve step recovery process but found surrendering to a power greater than ourselves undefinable and even unattainable Others shared his challenge of finding a God of our understanding as well Like himself they were sincere people searching for relief but did not fit within the common solution of AA For many in recovery traditional views of a Higher Power do not resonate This dissonance left Buddy feeling hopeless As a result Buddy C entered a cycle of recovery and relapse for over six years Searching the world s religions for answers Buddy discovered a healing way of life that connected with his needs The revealed Taoist philosophies were not only close to other principles he had learned in recovery but resonated with his experience growing up as a Christian attending church in the south The Tao Te Ching by Lao Tzu opened a path to his recovery that traditional methods had not been able to do Once Buddy utilized these principles he discovered that when applied daily Taoism also opened a path that healed other aspects of his life What is this pathway Who is Lao Tzu How does Taoist philosophy describe a higher power Find all these answers and more in this book A life free from addiction is just a page turn away [The Tao of Recovery](#) Jim McGregor, 1992-01-01 A Taoist guide to recovery from addiction teaches readers how to employ the Twelve Step program to let go control desire find acceptance learn to trust find hope in a the world and more *The Tao of Sobriety* Wes Layne, 2023-09-26 In the second appendix of the book Alcoholics Anonymous p 570 third edition Bill Wilson identifies open mindedness as one of three essentials of recovery However in the context of the message he delivers throughout the book it seems that his idea of open mindedness is coming to believe the way he believes and that it s OK to

then let your mind slam shut again Ironically one of the most valuable passages in the iconic section of the book known as How it Works Alcoholics Anonymous p 58 60 is his pointing out the value of letting go of old ideas The Tao of Sobriety is an exploration of the juxtaposition of those two seemingly contrasting concepts Not just accepting new ideas nor abandoning old ideas but finding the willingness to question all ideas The result of that is the incredible freedom of a radically altered perception and perspective of the world Wes Layne has no quarrel with those who find comfort in the Big Book often treated as word for word divine scripture by traditionalists nor does he take issue with Christian theology He merely offers a clear eyed examination of those themes in the Big Book that can bring confusion to a Westerner like me who intuits a truth a reality beyond the confines of a fundamentally biblical religious culture Matt H Las Vegas NV

**The Psychology of Meditation** Michael A. West,2016-01-28 In the past 20 years meditation has grown enormously in popularity across the world practised both by the general public as well as by an increasing number of psychologists within their daily clinical practice Meditation is now used to treat a range of disorders including depression anxiety eating disorders chronic pain and addiction In the past twenty years we have also learned much more about the underlying neural bases for meditation and why it works The Psychology of Meditation Research and Practice explores the practice of meditation and mindfulness and presents accounts of the cognitive and emotional processes elicited during meditation practice Written by researchers and practitioners with considerable experience in meditation practice and from different religious or philosophical perspectives he book examines the evidence for the effects of meditation on emotional and physical well being in therapeutic contexts and in applied settings The areas covered include addictions pain management psychotherapy physical health neuroscience and the application of meditation in school and workplace settings Uniquely the contributors also present accounts of their own personal experience of meditation practice including their history of practice phenomenology and the impact it has had on their lives Drawing on evidence from both research and practice this is a valuable synthesis of the ways in which meditation can profoundly enrich human experience

**Integral Recovery** John Dupuy,2013-05-01 Brings Integral Theory to addiction treatment offering a more holistic vision of recovery and powerful practices for achieving it

**Recovery—The Sacred Art** Rabbi Rami Shapiro,2013-10-19 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors Twelve Step recovery is about freeing yourself from playing God and since almost everyone is addicted to this game Twelve Step recovery is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working

the Steps in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system **A Clinician's Guide to 12-step Recovery** Mark D. Schenker,2009 The worlds of psychotherapy and addiction recovery have long been uneasy bedfellows

Uncover the mysteries within Crafted by is enigmatic creation, **Tao Of Sobriety** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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