



# Mindfulness and the 12 Steps: Living Recovery in the Present Moment

*Thérèse Jacobs-Stewart*

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## **Mindfulness and the 12 Steps: Living Recovery in the Present Moment** Thérèse Jacobs-Stewart

For those of us in recovery, *Mindfulness and the 12 Steps* offers a fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness, or bringing one's awareness to focus on the present moment. We can revisit each of the Twelve Steps, exploring the interplay of ideas between mindfulness and Twelve Step traditions--from the idea of living "one day at a time" to the emphasis on prayer and meditation--and learn to incorporate mindfulness into our path toward lifelong sobriety.

Through reflections, questions for inquiry, and stories from Buddhist teachers and others who practice mindfulness in recovery, *Mindfulness and the 12 Steps* will help us awaken new thinking and insights into what it means to live fully--body, mind, and spirit--in the here and now.

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