

gorski model of relapse prevention pdf

gorski model of relapse prevention pdf is a widely referenced resource in addiction recovery, offering a structured approach to understanding and preventing relapse. This model, developed by Dr. Edward Gorski, emphasizes the psychological and behavioral aspects of relapse, providing practical strategies for individuals and professionals involved in recovery. The availability of the Gorski model of relapse prevention in PDF format has made it accessible for therapists, counselors, and those in recovery to study and implement its principles effectively. Throughout this article, key elements of the Gorski model will be explored, including its stages, core concepts, and practical applications. Additionally, this article will discuss how the model integrates with other relapse prevention frameworks and the benefits of using the Gorski model of relapse prevention pdf in treatment settings. By understanding this comprehensive model, readers can gain insight into a proven method for sustaining long-term sobriety.

- Overview of the Gorski Model of Relapse Prevention
- Key Components and Stages of the Gorski Model
- Psychological Concepts Underlying the Model
- Practical Applications in Addiction Treatment
- Comparison with Other Relapse Prevention Models
- Accessing and Using the Gorski Model of Relapse Prevention PDF

Overview of the Gorski Model of Relapse Prevention

The Gorski model of relapse prevention is a comprehensive framework designed to identify and address the factors that contribute to relapse in addiction recovery. Developed in the late 20th century by Dr. Edward Gorski, this model focuses on the cyclical nature of relapse and highlights the importance of early intervention during warning signs. The model explains relapse not as a sudden failure but as a process with identifiable stages, which allows for timely strategies to prevent a full return to substance use. The availability of the Gorski model of relapse prevention pdf has facilitated the widespread dissemination of these concepts, making it a valuable tool for both clinicians and recovering individuals. This model integrates behavioral, cognitive, and emotional elements to provide a holistic approach to relapse prevention.

Historical Context and Development

The Gorski model emerged during a period when addiction treatment began shifting from purely abstinence-based approaches to more nuanced understandings of relapse. Dr. Gorski's clinical experience led him to identify patterns in relapse behavior, which he then codified into a structured model. His work emphasized that relapse is often preceded by emotional and mental stages that can

be recognized and managed. The publication of the model in PDF form has ensured its availability as a resource in clinical settings worldwide.

Importance in Addiction Recovery

This model's importance lies in its ability to educate individuals about the relapse process, empowering them to recognize early warning signs and implement coping strategies. Treatment programs often incorporate the Gorski model of relapse prevention pdf into their curricula to enhance patient understanding and engagement. By highlighting relapse as a process, the model reduces stigma and supports a proactive approach to recovery maintenance.

Key Components and Stages of the Gorski Model

The Gorski model identifies several distinct stages that precede a relapse, each marked by specific emotional and behavioral symptoms. Understanding these stages is critical for effective relapse prevention.

Emotional Sobriety

Emotional sobriety is the foundation of the Gorski model. It refers to the ability to maintain emotional balance and manage stress without resorting to substance use. Achieving emotional sobriety involves developing healthy coping mechanisms and self-awareness, which are critical for long-term recovery.

Stages of Relapse

The model breaks relapse down into three main stages, each with identifiable warning signs:

- **Emotional Relapse:** This initial stage often occurs without the individual's conscious awareness. It includes feelings of anxiety, anger, isolation, and a decrease in self-care. Emotional relapse weakens resolve and increases vulnerability to substance use.
- **Mental Relapse:** During mental relapse, the individual experiences internal conflict, where thoughts about using substances begin to emerge. This stage involves bargaining, denial, and fantasizing about substance use, often accompanied by justifications to use.
- **Physical Relapse:** The final stage is the actual return to substance use, which may start with a single use and potentially escalate into full relapse.

Warning Signs and Triggers

The model emphasizes recognizing both internal and external triggers that can precipitate relapse. Internal triggers include feelings such as anger, frustration, or loneliness, while external triggers

may be social situations, environments, or stressors associated with previous substance use.

Psychological Concepts Underlying the Model

The Gorski model of relapse prevention pdf incorporates several psychological principles that explain why relapse occurs and how it can be prevented.

Self-Image and Denial

One core concept is the role of self-image in relapse. Individuals in recovery often experience denial about their vulnerabilities, which undermines their ability to seek help early. The model stresses the importance of maintaining an honest self-assessment throughout recovery.

Coping Skills and Stress Management

The development of effective coping skills is central to preventing relapse. The Gorski model encourages practices such as mindfulness, emotional regulation, and problem-solving to replace substance use as a stress response.

Behavioral Conditioning and Habit Formation

The model recognizes that addiction is partly maintained through conditioned behaviors and habits. Relapse prevention includes breaking these patterns by creating new routines and avoiding high-risk situations.

Practical Applications in Addiction Treatment

The Gorski model of relapse prevention pdf serves as a practical guide in various treatment modalities, from inpatient programs to outpatient counseling.

Integration into Therapy and Counseling

Counselors utilize the model to educate clients about relapse as a process and to develop individualized prevention plans. Techniques such as cognitive-behavioral therapy (CBT) are often combined with the Gorski model to target specific relapse triggers and thought patterns.

Use in Support Groups and Educational Settings

The model's clear stages and concepts make it suitable for group education, where participants can share experiences and strategies related to each relapse stage. Support groups often distribute the Gorski model of relapse prevention pdf as a resource for ongoing learning.

Relapse Prevention Planning

Based on the Gorski model, relapse prevention plans typically include:

- Identifying personal emotional and mental triggers
- Developing coping strategies tailored to individual needs
- Setting up support networks and accountability structures
- Regular self-monitoring of emotional and behavioral health

Comparison with Other Relapse Prevention Models

While the Gorski model is widely respected, it is one of several relapse prevention approaches used in addiction treatment. Comparing it with other models highlights its unique contributions.

Marlatt's Cognitive-Behavioral Model

Marlatt's model focuses on high-risk situations and coping responses, emphasizing cognitive restructuring. The Gorski model complements this by adding a detailed emotional relapse stage, which Marlatt's model does not explicitly define.

The Stages of Change Model

The Stages of Change model identifies readiness for change but does not delve deeply into relapse dynamics. The Gorski model provides a more granular view of what happens during relapse, offering practical early intervention strategies.

Unique Strengths of the Gorski Model

The Gorski model's focus on emotional sobriety and the identification of an emotional relapse stage sets it apart. This emphasis helps recoverees understand the subtle psychological shifts that precede relapse, which can often be overlooked by other frameworks.

Accessing and Using the Gorski Model of Relapse Prevention PDF

The Gorski model of relapse prevention pdf is widely available through professional treatment centers, educational institutions, and recovery organizations. It is often used as a training tool for clinicians and as a self-help guide for individuals in recovery.

Benefits of the PDF Format

The PDF format allows for easy distribution, printing, and annotation. It is ideal for study and reference, enabling users to review the model's concepts repeatedly and implement the strategies consistently.

How to Effectively Use the PDF

Effective use of the Gorski model of relapse prevention pdf involves:

1. Careful reading and comprehension of each stage and concept
2. Application of the model's stages to personal or client experiences
3. Creation of a personalized relapse prevention plan based on the model's framework
4. Review and updating of the plan as recovery progresses

Supplementary Tools and Resources

Many treatment centers provide worksheets, exercises, and group activities based on the Gorski model to complement the PDF. These resources enhance understanding and facilitate practical application in daily recovery routines.

Frequently Asked Questions

What is the Gorski Model of Relapse Prevention?

The Gorski Model of Relapse Prevention is a comprehensive approach developed by Terence Gorski that focuses on identifying and managing emotional relapse, mental relapse, and physical relapse to help individuals maintain sobriety and prevent relapse in addiction recovery.

Where can I find a PDF of the Gorski Model of Relapse Prevention?

PDF resources on the Gorski Model of Relapse Prevention can often be found on addiction recovery websites, educational platforms, or through organizations specializing in substance abuse treatment. It is recommended to visit official or reputable sites to access accurate and authorized materials.

How does the Gorski Model address emotional relapse?

The Gorski Model identifies emotional relapse as the first stage where individuals experience denial, unresolved anger, or anxiety that can lead to cravings. The model emphasizes awareness and coping

strategies to manage these emotions before they progress to mental or physical relapse.

Can the Gorski Model of Relapse Prevention be used for all types of addiction?

Yes, the Gorski Model is designed to be applicable across various types of addiction, including alcohol, drugs, and behavioral addictions, by addressing the underlying emotional and psychological factors that contribute to relapse.

What are the stages of relapse in the Gorski Model?

The Gorski Model outlines three stages of relapse: emotional relapse (unmanaged emotions and denial), mental relapse (ambivalence and planning to use), and physical relapse (return to substance use). Understanding these stages helps individuals intervene early and prevent full relapse.

How can therapists use the Gorski Model for relapse prevention?

Therapists can use the Gorski Model to educate clients about the relapse process, help them identify warning signs, develop personalized coping strategies, and create relapse prevention plans that address emotional, mental, and physical triggers.

Is there a summary or guide available in PDF format for the Gorski Model?

Yes, summaries and guides of the Gorski Model of Relapse Prevention are available in PDF format through various addiction recovery resources and academic publications. These documents typically outline the model's stages, warning signs, and prevention techniques to support both individuals and professionals.

Additional Resources

1. Staying Sober: A Guide for Relapse Prevention

This book offers practical strategies and insights based on the Gorski model of relapse prevention. It emphasizes the importance of understanding emotional triggers and developing healthy coping mechanisms. Readers are guided through exercises designed to build resilience and maintain long-term sobriety.

2. The Gorski Approach to Recovery: Preventing Relapse for Life

Focused specifically on the Gorski model, this book outlines the principles and steps necessary to prevent relapse. It covers the psychological and behavioral aspects of addiction and recovery, providing tools for self-assessment and emotional management. The book also includes case studies that illustrate successful relapse prevention.

3. Relapse Prevention Workbook: Tools from the Gorski Model

This workbook offers hands-on activities and worksheets based on the Gorski model to help individuals identify high-risk situations and develop personalized relapse prevention plans. It

encourages self-reflection and continuous monitoring of emotional states. The practical nature of this workbook makes it a valuable companion for those in recovery.

4. Understanding Relapse: The Gorski Model Explained

A comprehensive overview of the Gorski model, this book explains the theory behind relapse and how to interrupt the cycle before it happens. It delves into the emotional and psychological triggers that lead to relapse and provides a framework for building lasting recovery. The writing is accessible, making it suitable for both professionals and those in recovery.

5. Emotional Sobriety: Gorski's Guide to Lasting Recovery

This book highlights the role of emotional health in preventing relapse, a core concept in the Gorski model. It explores techniques to manage feelings of anxiety, anger, and depression without turning to substances. Readers learn how to cultivate emotional sobriety as a foundation for sustained recovery.

6. Relapse Prevention Strategies: Applying the Gorski Model in Practice

Designed for counselors and therapists, this book provides a detailed look at how to implement the Gorski model in clinical settings. It includes intervention strategies, session plans, and ways to support clients through the relapse prevention process. The text bridges theory and practice effectively.

7. Breaking the Relapse Cycle: Insights from the Gorski Model

This book focuses on identifying and breaking the patterns that lead to relapse, using the Gorski model as a guide. It presents a step-by-step approach to recognizing warning signs and taking proactive steps to maintain sobriety. Personal stories and expert commentary enrich the material.

8. The Relapse Prevention Guidebook: Gorski Model Techniques for Recovery

A practical guidebook that distills the Gorski model into actionable advice, this book includes tips for daily maintenance of sobriety and crisis management. It is designed for individuals seeking to strengthen their recovery journey with evidence-based methods. The guidebook also addresses co-occurring disorders and their impact on relapse.

9. Pathways to Sobriety: Integrating the Gorski Model with Modern Recovery Practices

This book combines the foundational principles of the Gorski model with contemporary approaches to addiction treatment. It discusses how to tailor relapse prevention strategies to individual needs and changing life circumstances. Emphasizing holistic recovery, it covers emotional, physical, and social aspects of maintaining sobriety.

Gorski Model Of Relapse Prevention Pdf

Gorski Model of Relapse Prevention PDF

Ebook Title: Mastering Relapse Prevention: A Comprehensive Guide to the Gorski Model

Outline:

Introduction: Understanding Relapse and the Importance of Prevention

Chapter 1: The Gorski Model: Core Principles and Components

Chapter 2: Identifying High-Risk Situations and Triggers
Chapter 3: Developing Coping Mechanisms and Strategies
Chapter 4: Building a Strong Support System
Chapter 5: The Role of Spirituality and Mindfulness
Chapter 6: Relapse Management and Recovery Planning
Chapter 7: Maintaining Long-Term Sobriety and Preventing Recurrence
Conclusion: Embracing a Life of Recovery

Mastering Relapse Prevention: A Comprehensive Guide to the Gorski Model

Relapse is a significant challenge in the recovery process from substance abuse and addiction. Understanding the factors contributing to relapse and developing effective prevention strategies is crucial for achieving and maintaining long-term sobriety. The Gorski Model of Relapse Prevention offers a structured and comprehensive framework for individuals navigating this journey. This article delves into the key principles and practical applications of the Gorski Model, providing a detailed understanding of its effectiveness in preventing relapse.

Introduction: Understanding Relapse and the Importance of Prevention

Relapse, the return to substance use after a period of abstinence, is not a sign of failure, but rather a common experience in the recovery process. It's often the result of a complex interplay of psychological, social, and biological factors. Understanding these factors is paramount to developing effective relapse prevention strategies. The Gorski Model, developed by psychologist Gerard Gorski, provides a holistic approach that addresses these multifaceted aspects of addiction and recovery. It emphasizes proactive planning, self-awareness, and the development of robust coping mechanisms to minimize the risk of relapse. The model doesn't just focus on avoiding triggers but also equips individuals with the tools to navigate challenging situations and maintain long-term sobriety.

Chapter 1: The Gorski Model: Core Principles and Components

The Gorski Model is built upon several core principles. Firstly, it recognizes that addiction is a chronic disease requiring ongoing management. It's not a problem that can be simply "fixed" but rather a condition that necessitates consistent effort and vigilance. Secondly, the model emphasizes the importance of self-awareness. Understanding one's personal triggers, vulnerabilities, and high-risk situations is fundamental to preventing relapse. Thirdly, it stresses the development of effective coping mechanisms and strategies to manage cravings and urges. Finally, the model highlights the significance of building a strong support system and integrating spirituality or mindfulness practices into recovery. These components work together to create a comprehensive and personalized relapse

prevention plan. The model is not a rigid set of rules but a flexible framework adaptable to individual needs and circumstances.

Chapter 2: Identifying High-Risk Situations and Triggers

Identifying high-risk situations and triggers is crucial in relapse prevention. This involves self-reflection and honest assessment of personal vulnerabilities. Common triggers can include stressful events, negative emotions (anger, anxiety, depression), social pressure, certain environments, and even specific people or places. The Gorski Model encourages individuals to meticulously document their experiences, noting the circumstances leading to cravings or near-misses. This self-monitoring process helps identify patterns and predictable high-risk scenarios, allowing for proactive planning and the development of strategies to navigate these situations safely. For instance, if a specific location or social setting is identified as a trigger, strategies like avoiding that location or having a support person present can be implemented.

Chapter 3: Developing Coping Mechanisms and Strategies

Once high-risk situations and triggers are identified, the next step is developing effective coping mechanisms and strategies. This might involve practicing relaxation techniques like deep breathing or meditation, engaging in healthy activities such as exercise or hobbies, reaching out to support networks, or using problem-solving skills to address difficult situations. Cognitive Behavioral Therapy (CBT) techniques are frequently incorporated, focusing on challenging negative thoughts and developing healthier coping mechanisms. The Gorski Model emphasizes the importance of practicing these coping strategies proactively, not just resorting to them when cravings or urges arise. The more effectively these mechanisms are integrated into daily life, the better prepared an individual will be to handle challenging situations.

Chapter 4: Building a Strong Support System

A strong support system is an indispensable part of the Gorski Model. This includes family, friends, support groups (like Alcoholics Anonymous or Narcotics Anonymous), therapists, and sponsors. These individuals can provide encouragement, accountability, and emotional support during challenging times. The model advocates for open communication and honesty within the support network. Regular check-ins, sharing progress, and openly discussing challenges are vital for maintaining accountability and receiving timely support. Building a strong support system helps reduce feelings of isolation and provides a safety net during times of vulnerability.

Chapter 5: The Role of Spirituality and Mindfulness

The Gorski Model acknowledges the potential benefits of incorporating spirituality or mindfulness practices into recovery. Spirituality, broadly defined, refers to a sense of purpose, meaning, and connection to something larger than oneself. Mindfulness, on the other hand, involves cultivating present moment awareness and acceptance of thoughts and feelings without judgment. These practices can foster emotional regulation, reduce stress, and enhance self-awareness—all crucial elements in relapse prevention. Individuals can find solace and strength through prayer, meditation, yoga, or other spiritual or mindfulness-based activities. The key is to find practices that resonate with the individual's beliefs and values.

Chapter 6: Relapse Management and Recovery Planning

The Gorski Model doesn't treat relapse as a failure but rather as a learning opportunity. A comprehensive relapse plan should include strategies for recognizing early warning signs, responding to urges, and managing a relapse should it occur. This involves creating a detailed plan outlining steps to take if relapse does happen, including seeking immediate support from the recovery network. The emphasis is on minimizing the damage and quickly returning to the recovery path. A relapse doesn't negate the progress made, but provides valuable insights into personal vulnerabilities and the need for adjustments in the relapse prevention plan.

Chapter 7: Maintaining Long-Term Sobriety and Preventing Recurrence

Maintaining long-term sobriety is an ongoing process, not a destination. The Gorski Model emphasizes the importance of continuing to practice the strategies and coping mechanisms developed throughout the recovery journey. Regular self-reflection, ongoing support group participation, and consistent engagement with therapy or counseling are vital. It's important to continually assess the relapse prevention plan and make adjustments as needed. Life circumstances change, and the plan should adapt to meet those changing needs. Long-term success requires ongoing commitment and vigilance.

Conclusion: Embracing a Life of Recovery

The Gorski Model of Relapse Prevention offers a powerful and comprehensive framework for individuals seeking long-term recovery from substance abuse and addiction. By emphasizing self-awareness, proactive planning, and the development of robust coping mechanisms, the model empowers individuals to navigate challenges and maintain sobriety. While relapse is a possibility, the Gorski Model provides the tools and strategies to minimize the risk and manage setbacks effectively, ultimately enabling individuals to embrace a fulfilling life of recovery.

FAQs

1. What is the Gorski Model of Relapse Prevention? It's a holistic model focusing on identifying triggers, developing coping mechanisms, building support, and managing potential relapses.
2. Is the Gorski Model suitable for all types of addiction? While primarily developed for substance abuse, its principles can be adapted to other addictive behaviors.
3. How long does it take to implement the Gorski Model effectively? Implementation is ongoing; it's a process of continuous learning and adaptation.
4. What if I experience a relapse? Relapse is viewed as a learning opportunity. The plan includes strategies for managing setbacks and returning to recovery.
5. Does the Gorski Model require professional help? While self-help is possible, professional guidance (therapist, counselor) is highly recommended.
6. How important is the support system in the Gorski Model? A strong support system is vital for accountability and emotional support during challenging times.
7. What role does spirituality play in the Gorski Model? Spirituality or mindfulness practices can enhance self-awareness and emotional regulation.
8. Is the Gorski Model rigid or flexible? The model is flexible; it should be tailored to individual needs and circumstances.
9. Where can I find more information on the Gorski Model? You can search online resources, consult with addiction specialists, or explore relevant books and literature.

Related Articles

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2. The Importance of Self-Awareness in Addiction Recovery: Focuses on the crucial role of self-reflection in relapse prevention.
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4. Cognitive Behavioral Therapy (CBT) and Relapse Prevention: Explains the role of CBT in developing healthy coping mechanisms.
5. Mindfulness and Meditation for Addiction Recovery: Explores mindfulness techniques for managing cravings and stress.

6. Relapse Prevention Planning: A Step-by-Step Guide: Provides a practical guide to creating a personalized relapse prevention plan.
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gorski model of relapse prevention pdf: Passages Through Recovery Terence T Gorski, 2009-07-30 Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. Abstinence from alcohol and other drugs is only the beginning of sobriety. It's the ticket to get into the theater, not the movie we are going to see.--Passages through Recovery One of the most important things we learn in recovery is that there really is a way out of all the misery--if we know which way to go. But abstinence from alcohol and other drugs is just the beginning of our journey, not our destination. And, that journey can be a rough one if we don't know what lies ahead. Based on the experiences of thousands of recovering men and women, Passages through Recovery presents an action plan for preventing relapse, one that can help us understand how recovery works and what is needed to move from active addiction to sobriety. Gorski's pioneering work describes six stages of recovery from chemical dependency and offers sound advice for working through the challenges of each stage--challenges that can create frustration and lead to relapse. Passages through Recovery clearly demonstrates that sobriety is more than just healing the damage. It's a way of thinking, acting, and relating to others, Gorski writes, that promotes continued physical, psychological, social, and spiritual health. The skills necessary for long-term sobriety are all directed at finding meaning and purpose in life. Use this book as a compass in your recovery to help you stay on course.

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gorski model of relapse prevention pdf: Mindfulness Katie Witkiewitz, Corey R. Roos, Dana Dharmakaya Colgan, Sarah Bowen, 2018-03-13 Clear and compact guidance on integrating mindfulness into practice This clear and concise book provides practical, evidence-based guidance on the use of mindfulness in treatment: its mechanism of action, the disorders for which there is empirical evidence of efficacy, mindfulness practices and techniques, and how to integrate them into clinical practice. Leading experts describe the concepts and roots of mindfulness, and examine the science that has led to this extraordinarily rich and ancient practice becoming a foundation to many contemporary, evidenced-based approaches in psychotherapy. The efficacy of mindfulness-based interventions in conditions as diverse as borderline personality disorder, post-traumatic stress disorder, depression, alcohol and substance use, emotional dysregulation, attention-deficit hyperactivity disorder, chronic stress, eating disorders, and other medical conditions including type 2 diabetes and rheumatoid arthritis is also described. The book is invaluable reading for all those curious about the current science around mindfulness and about how and when to incorporate it effectively into clinical practice.

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that—whether the loved one achieves recovery or not.

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gorski model of relapse prevention pdf: *The Cambridge Handbook of Substance and Behavioral Addictions* Steve Sussman, 2020-08-06 Written by leaders in the addictions field, 100 authors from six countries, this handbook is a thoroughly comprehensive resource. Philosophical and legal issues are addressed, while conceptual underpinnings are provided through explanations of appetitive motivation, incentive sensitization, reward deficiency, and behavioral economics theories. Major clinical and research methods are clearly mapped out (e.g. MRI, behavioral economics, interview assessments, and qualitative approaches), outlining their strengths and weaknesses, giving the reader the tools needed to guide their research and practice aims. The etiology of addiction at various levels of analysis is discussed, including neurobiology, cognition, groups, culture, and environment, which simultaneously lays out the foundations and high-level discourse to serve both novice and expert researchers and clinicians. Importantly, the volume explores the prevention and treatment of such addictions as alcohol, tobacco, novel drugs, food, gambling, sex, work, shopping, the internet, and several seldom-investigated behaviors (e.g. love, tanning, or exercise).

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and traits, and it can be cultivated through intentional effort and training. In *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain*, Eric L. Garland presents an innovative program of intervention that can be put into practice by therapists working with people struggling with addiction and the conditions that underlie it. Unlike other substance abuse treatment modalities, which focus largely on relapse prevention, Mindfulness-Oriented Recovery Enhancement (MORE) concentrates on helping people to recover a sense of meaning and fulfillment in everyday life, embracing its pleasures and pain without avoiding challenges by turning to substance use. Along with chapters on the biopsychosocial model underlying MORE and the current state of research on mindfulness, this book includes a complete treatment manual laying out for clinicians, step by step, how to run MORE groups—including adaptations to address chronic pain and prescription opioid misuse-- and enhance the holistic recovery process for people striving to overcome addiction. With addiction a widespread and growing problem in our society, Mindfulness-Oriented Recovery Enhancement could not be more timely or needed. It integrates the latest research on addiction, cognitive neuroscience, positive psychology, and mindfulness into a practice that has garnered empirical support and holds the promise of release and fulfillment for those who suffer from addiction.--Publisher's website.

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