



Free Introductions,  
Guided Meditations  
& Starter Kits

Organizational  
Training Programs

Mindfulness Based  
Stress Reduction

Integral  
Psychotherapy  
& Life Coaching

# BeMindful.org

Resources for living a more balanced, integrated and richly rewarding life.

## A Mindful Approach to Addictions: A Starter Kit

### Suggested practices:

If you don't already have an established mindfulness practice, you might consider going back to this page and working through the "Starter Kit for Establishing a Mindfulness Meditation Practice." <http://www.bemindful.org/freedownloads.htm>. If chronic pain is an element of your addiction, check out the Starter Kit for working with pain: <http://www.bemindful.org/kitpain.pdf>



- If you already have a mindfulness practice, you may want to get a "refresher" by practicing mindfulness for 20 to 45 minutes every day for at least 6 days this week using these or other recordings. Feel free to mix it up a bit, using the Body Scan some days, one or two of the other guided meditations on other days, some lovingkindness meditations on other days...

Set realistic goals (e.g. length of meditation sessions, frequency) that you are likely to be able to maintain in the long run. Too little practice – no significant improvement. Too much practice – burnout and frustration. Find a challenging "middle way."

Watch this video about the workings of mindfulness

<https://www.youtube.com/watch?v=yqUNtLbwoj4>

## **Mindfulness-Based Recovery Programs**



- Urge Surfing: Mindfulness Techniques to Prevent Relapse  
<http://www.drugrehab.org/expert-area/urge-surfing-mindfulness-techniques-to-prevent-relapse/>

- Refuge Recovery

Noah Levine on Addiction, Recovery and Buddhism

<https://www.youtube.com/watch?v=fiCTT527WOg>

Noah's book on Refuge Recovery <https://www.amazon.com/Refuge-Recovery-Buddhist-Recovering-Addiction/dp/0062122843>

Check out Refuge Recovery Website: <http://www.refugerecovery.org/about/>  
Note that weekly meetings are being held in Louisville and Lexington, KY

- **Integral Recovery**

Insights from Integral Recovery by John Dupuy

<https://vimeo.com/71794443>

Check out John's Integral Recovery Starter Kit

<http://www.integralrecovery.com/download-your-integral-recovery-starter-kit>

John's book on Integral Recovery [https://www.amazon.com/Integral-Recovery-Revolutionary-Treatment-Alcoholism/dp/1438446144/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1462319201&sr=1-1&keywords=integral+recovery](https://www.amazon.com/Integral-Recovery-Revolutionary-Treatment-Alcoholism/dp/1438446144/ref=sr_1_1?s=books&ie=UTF8&qid=1462319201&sr=1-1&keywords=integral+recovery)

- **Integrating Mindfulness into 12-Step programs**

Addiction & Mental Health Treatment: Meditation & Mindfulness with Dr. Snyder (bringing mindfulness into treatment programs)

[https://www.youtube.com/watch?time\\_continue=592&v=VOD-B\\_uKqZc](https://www.youtube.com/watch?time_continue=592&v=VOD-B_uKqZc)

One Breath at a Time: Buddhism and the Twelve Steps

<https://www.amazon.com/One-Breath-Time-Buddhism-Twelve/dp/1579549055>

### **Other Resources**

Hooked, Hacked, HiJacked: Reclaim Your Brain from Addictive Living with Dr. Pam Peeke <https://www.youtube.com/watch?v=aqhzFd4NUPI>

The Realm of Hungry Ghosts: Working with Attachment and Addiction with Tara Brach (drawing from Buddhist teachings)

<https://www.youtube.com/watch?v=-mv7zxUbiwU&t=2443s>

Resources for Video Gaming Addiction, Smoking, Benzodiazepines, etc

<http://www.bemindful.org/art.htm#Anchor-Addiction-24450>

**How's Your Sleep? If it's not so great, here's some help:**



**The Sleep Solution by  
Chris Winter, MD**

[https://www.amazon.com/Sleep-Solution-Why-Your-Broken-ebook/dp/B01KGZVRVO/ref=sr\\_1\\_3?ie=UTF8&qid=1516126957&sr=8-3&keywords=sleep+solution](https://www.amazon.com/Sleep-Solution-Why-Your-Broken-ebook/dp/B01KGZVRVO/ref=sr_1_3?ie=UTF8&qid=1516126957&sr=8-3&keywords=sleep+solution)

**60-min audio Interview with Chris Winter, MD**

<https://www.youtube.com/watch?v=WVBw0GoXckw>

**Explore How your Diet can Impact Your Health and Recovery**



**Nutrition Facts.org**  
<https://nutritionfacts.org>

**Physicians Committee for  
Responsible Medicine**

<http://www.pcrm.org/health/health-topics/foods-and-arthritis>