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Recovering Joy: A Mindful Life After Addiction

Kevin Griffin

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Addiction recovery requires a serious commitment, yet that doesn't mean it has to be a bleak, never-ending struggle. "Recovering takes us through many difficult steps of discipline, humility, and self-realization," says Kevin Griffin ."In doing so, many of us forget that we are capable and deserving of basic happiness." With *Recovering Joy*, Kevin Griffin fills in what is often the missing piece in addiction recovery programs—how to regain our ability to live happier lives.

Recovering Joy offers a deeply insightful look at how we can cultivate positive mind states within the challenging context of addiction. Through reflections, self-inquiry, and mindfulness practices, Griffin reveals how we can better act in accordance with our core values, cultivate healthy and satisfying relationships, renew our sense of playfulness, and find the unexpected joys in the journey of recovery.

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