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The Mindful Addict A Memoir

The Mindful Addict: A Memoir of the Awakening of a Spirit. The enlightening and worldly journeys of a once hopeless addict whose life was profoundly changed after a chance meeting with a nomadic spiritual healer.

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The Mindful Addict: A Memoir of the Awakening of a Spirit. If you are being confronted by a situation where you have to surrender or let go, don't feel alone. The spiritual path at times demands this of us all. Simply view it as an offering, and let it call you to a deeper practice.

The Mindful Addict: A Memoir of the Awakening of a Spirit ...

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The Mindful Addict: A Memoir of the Awakening of a Spirit ...

Tom Catton's book, The Mindful Addict: A Memoir of the Awakening of a Spirit (Central Recovery Press, 2010), illuminates the crucial role meditation has played in his recovery. Catton says: "These research findings don't surprise me a bit. Meditation changed my life - it doesn't surprise me that it might have started by changing my brain."

The Mindful Addict: A Memoir of the Awakening of a Spirit ...

Mention the sixties and readers conjure images of sex, drugs, and rock’n’roll. Author Tom Catton not only lived through the sixties, he remembers them,...

Tom Catton's The Mindful Addict Book Reading & Signing on ...

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In the latest Mindful Live session, Michelle Maldonado discussed resilience for divided times with Mindful’s editor-in-chief Heather Hurlock and offered a short guided G.R.A.C.E. practice.. The practice was created by Buddhist teacher Roshi Joan Halifax, and has been adapted for many audiences and populations, Maldonado says.

The G.R.A.C.E. Practice: A Moment to Engage ... - mindful.org

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'Addict' neighbor killed mom, 39, her son, 12, and housekeeper 'because he thought they had filed drug abuse complaint against him' New details have emerged about the triple homicide in Nevada Tuesday