



# Recovery One Breath at a Time: Mindfulness Practices for Overcoming Addiction

*Kevin Griffin*

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**Guided Training in Mindfulness for Addiction Recovery**

“One day at a time” is the mantra for addiction recovery—but what can we do to make it through each of those days? “Our cravings and addiction happen in a moment, in a breath,” says Kevin Griffin. “One day may be too long to think about, so we use mindfulness to cope with our cravings as they arise.” With **Recovery One Breath at a Time**, this innovative teacher presents two sessions of mindfulness training adapted to support anyone currently in a recovery program or coping with addiction. Created with a deep personal understanding of the specific challenges facing those in recovery, this audio offers:

- **Beginner-friendly instruction for those who have never practiced meditation**
- **Guided meditations and on-the-spot practices for dealing with cravings as they arise**
- **Identifying and disarming the triggers that lead us back to addiction**
- **Buddhism’s three personality types and their unique strengths and vulnerabilities, and more**

Through his own experience with alcoholism and his years as a Buddhist teacher, Kevin Griffin has learned there is no more powerful tool than mindfulness for helping us cope with the moment-to-moment challenges of recovery. “When we’re struggling with addiction,” Kevin says, “every clean breath is a victory.” **Recovery One Breath at a Time** brings us essential mindfulness tools that can make the difference between suffering and liberation on this difficult journey to wholeness.

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