

# Cool Water: Alcoholism, Mindfulness, And Ordinary Recovery By William Alexander

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and author of Cool Water: Alcoholism, Mindfulness and Kevin Griffin s new book Burning Desire: Dharma God and The Path of Recovery is a

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William Alexander is a writer and story teller. He is the author of Cool Water: Alcoholism, Mindfulness, and Ordinary Recovery, a classic book on the art of recovery.

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**Ordinary recovery : mindfulness, alcoholism, and**

Ordinary recovery : mindfulness, alcoholism, and the path of lifelong sobriety. Rev. ed. of: Cool water. 1997. Description: xvii, 149 p. : ill. ; 22 cm.

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Mindfulness as Behavioural Approach in Addiction Treatment. Alexander W (1997) Cool water: alcoholism, mindfulness and ordinary recovery. Shambhala, Boston;

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COOL MIND: COOL WATER Applying Mindfulness Based Art in the Process of Recovery. Addiction is the expression of We will explore mindfulness based art practices

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### **With your hair on fire | tricycle**

Bill Alexander: 56, New Jersey, sober since 1984, Zen practice since 1991, author of Cool Water Alcoholism, Mindfulness, and Ordinary Recovery

### **Cool water book by bill alexander, william**

Cool Water by Bill Alexander, William Addiction; Cool Water; and with me still," Alexander describes how this troublesome inborn trait led him to mindfulness

### **Dadsadventure**

Below you will find our recommended websites and books on drug and alcohol assistance. Cool Water: Alcoholism, Mindfulness, Cool Things Babies Can Do.

### **Cool water, alcoholism, mindfulness, and ordinary**

Cool Water by Alexander, William at Wisdom Books Synopsis: Himself a recovering alcoholic and Zen student, the author uses anecdotes, suggestions and personal

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Recovery and Addiction Used Books. Cool Water: Alcoholism, Mindfulness, and Ordinary Recovery by Bill Alexander

### **Cool water: alcohol, mindfulness and ordinary**

The key to ongoing freedom from alcoholism or any other kind of addiction is right before us, here and now, in the ordinary and perfect present moment.

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