

## Addiction Books

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Jay, Debra, *No More Letting Go: The Spirituality of Taking Action Against Alcoholism and Drug Addiction*, New York City: Bantam Books, 2006.

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Khantzian, Edward J. and Mark J. Albanese, *Understanding Addiction as Self Medication: Finding Hope Behind the Pain*, Blue Ridge Summit, PA: Rowman & Littlefield, 2008.

Larsen, Ernie, *Stage II Recovery: Life Beyond Addiction*, San Francisco, CA: HarperOne, 2009.

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Mate, Gabor, *In the Realm of Hungry Ghosts: Close Encounters with Addiction*, Berkeley, CA: North Atlantic Books, 2010.

Melemis, Steven M., *I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction*, Toronto, ON: Modern Therapies, 2010.

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Peltz, Lawrence, *The Mindful Path to Addiction Recovery: A Practical Guide to Regaining Control over Your Life*, Boston, MA: Trumpeter, 2013.

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Williams, Rebecca E. & Julie Kraft, *The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress and Anger that Trigger Addictive Behaviors*, Oakland, CA: New Harbinger Publications, 2012.

