



LET GO

A Buddhist Guide to **Breaking Free** of Habits

MARTINE BATCHELOR

Author of *Meditation for Life*

Let Go A Buddhist Guide To Breaking Free Of Habits

Melvin McLeod



Let Go A Buddhist Guide To Breaking Free Of Habits:

Let Go Martine Batchelor, 2007-06-27 Everyone has negative habits even the smallest ones can take control of us **Let Go** is a much needed guide to getting that control back Martine Batchelor helps readers focus their minds and uncover the roots of their repetitive behaviors For Batchelor it s all about how we relate to our thoughts By adopting the kind of creative engagement that she teaches in **Let Go** readers can start to see real change and recognize problems for what they really are growth opportunities Batchelor s methods are applicable to all unwanted behavior from the slightest undesirable recurring actions to more serious patterns of cruelty self abuse and negativity Each chapter concludes with Batchelor s expert guidance in exercises or meditations that helps readers begin to work with their harmful habits in a new creative and empowering way

First Aid Kit for the Mind Valerie (Vimalasara) Mason-John, 2024-04-29 Help with addictive habits is at hand Developed by a leading writer on addiction and recovery keep this small book close for those moments when you need inspiration guidance and the courage to deal with your impulses skillfully A workbook a guide to reflection and a prompt for greater embodied mindfulness turn away from stinking thinking to what is meaningful in your life and relationships An illustrated accessible guide to choosing recovery over addiction [The Here-and-Now Habit](#) Hugh G.

Byrne, 2016-03-01 Almost everyone has a bad habit or two or three But some bad habits such as habitual drinking emotional overeating self criticism chronic worrying or even spending too much time in front of the TV can take a toll on our health and happiness **The Here and Now Habit** provides powerful practices based in mindfulness and neuroscience to help readers rewire their brain and finally break the bad habits that are holding them back from fully experiencing life [Recovery—The Sacred Art](#) Rabbi Rami Shapiro, 2013-10-19 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness

Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors **Twelve Step recovery** is about freeing yourself from playing God and since almost everyone is addicted to this game **Twelve Step recovery** is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the **Twelve Steps of Alcoholics Anonymous** are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience working the **Twelve Steps** as adapted by **Overeaters Anonymous** and shares anecdotes from many people working the **Steps** in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the **Twelve Step system** *The Subtle Art of Caring* River Wolton, 2023-11-14 An inspired guide to sustaining compassion The Buddha taught the practices of loving kindness compassion empathetic joy and equanimity These guide us in cultivating positive emotions and minimising harmful ones Poet writer activist mentor and

Buddhist teacher River Wolton gives new life to these teachings as resources for a life in which compassion for self and others are mutually sustaining Beautifully illustrated and with exercises meditations and reflections Playful Awakening Dianne Gammage,2017-08-21 This eloquent ode to keeping a place for playfulness in adulthood explores the importance of play for leading a happy authentic and harmonious life Inspired by a plethora of writers and artists as well as the Core Process psychotherapy model it reveals how play helps us understand ourselves heal from hardships and live life to the full

Mindful Counselling & Psychotherapy Meg Barker,2013-10-10 This book breaks new ground by relating mindfulness to all of the other therapeutic approaches across all the common presenting problems in counselling psychotherapy Mindfulness is increasingly recognised as an effective therapeutic treatment with positive research outcomes evaluating its success Meg Barker responds to our growing consciousness of mindfulness approaches considering how its principles can inform everyday therapeutic work The book covers ways in which mindfulness approaches complement each therapeutic approach as well as any potential conflicts and tensions that might arise spells out how a mindfulness approach would understand and work with common presenting issues including depression anxiety and addiction brings together work on mindfulness from across psychotherapy science and philosophy suggests possible future directions in mindfulness particularly those which emphasise the social component of suffering This engaging and accessible book will appeal to all counselling and psychotherapy students as well as any therapist looking to complement their own approach with mindfulness theory and practice Meg Barker is a senior lecturer in psychology at the Open University *Key Concepts in Substance Misuse* Aaron

Pycroft,2015-02-23 Drug use is a major challenge for public services healthcare professionals and policy makers all over the world This book offers a complete overview of the issues associated with substance misuse from an interdisciplinary perspective It begins by providing a reference guide to the different psychoactive substances looking at the biological and psychological impact of their use Key issues in the effect drugs have on society are then addressed before outlining methods of recovery and therapy Chapters include Reflective questions to challenge readers assumptions Case studies to help students understand the impact of substances on individuals Links to further resources to expand readers knowledge It will be valuable reading for those studying on degrees in criminology health nursing social work and counselling **After**

Mindfulness M. Bazzano,2014-03-07 This collection of essays by leading exponents of contemporary Buddhism and psychotherapy brings together appreciation and critical evaluation of Mindfulness a phenomenon that has swept the mental health field over the last two decades The sheer diversity and depth of expertise assembled here illuminate the current presentation of Mindfulness Ending the Pursuit of Happiness Barry Magid,2008-04-10 We all have a right to the pursuit of happiness but could we actually be happier if we gave that whole thing up This surprising new book from Zen teacher psychoanalyst and critical favorite Barry Magid inspires us in gentle and winking prose to move on and make peace with the perfection of the way things actually are including ourselves Magid invites us to consider that our pursuit of happiness may

actually be a source of our suffering He takes an unusual look at our secret practices what we re really doing when we say we re meditating like trying to feel calmer or more compassionate or even enlightened whatever we imagine that means He also uncovers our curative fantasies about spiritual practice those ideas that we can somehow fix all the messy human things about ourselves that we imagine are bad or wrong or unacceptable In doing so he helps us look squarely at and avoid such pitfalls Along the way Magid lays out a rich roadmap of the new psychological minded Zen a Zen that includes our entire life our entire personality as pioneered by his teacher bestselling author Charlotte Joko Beck *The Best Buddhist Writing 2009* Melvin McLeod,2009 A treasury of the most notable profound and thought provoking Buddhism inspired writing published in the last year The Best Buddhist Writing 2009 includes An interview with novelist Tom Robbins Guiding principles for a new ecospirituality from Thich Nhat Hanh Jack Kornfield on basic human goodness Pico Iyer s portrait of the Dalai Lama Olivia Ames Hoblitzelle on a couple s journey through Alzheimer s disease The Dzogchen Ponlop Rinpoche on the true enlightened nature of mind Wendy Johnson on bringing the beginner s mind to gardening A mindfulness practice from Pema Ch dr n to help us wake up to the world around us Joan Halifax on approaching death with fearlessness and compassion Peggy Rowe Ward and Larry Ward with stories meditations and exercises for experiencing love in a new and deeper way Natalie Goldberg on the art of writing personal memoir Dzigar Kongtr l on our search for happiness Sharon Salzberg on overcoming passion aggression and ignorance in our relationships Stephanie Kaza on making environmentalism a spiritual path not just a change in lifestyle Meshuga wisdom from Rabbi Rami Shapiro John Welwood on how we can use our relationships for profound spiritual growth And much more **The Best Buddhist Writing 2008** Melvin McLeod,2008 Features a collection of Buddhist inspired writings on a wide range of issues by talented contributors including the Dalai Lama Pema Ch dr n and Thich Nhat Hanh *Realizing Awakened Consciousness* Richard P. Boyle,2015-06-02 If as Buddhism claims the potential for awakening exists in all human beings we should be able to map the phenomenon with the same science we apply to other forms of consciousness A student of cognitive social science and a Zen practitioner for more than forty years Richard P Boyle brings his sophisticated perspective to bear on the development of a theoretical model for both ordinary and awakened consciousness Boyle conducts probing interviews with eleven prominent Western Buddhist teachers Shinzen Young John Tarrant Ken McLeod Ajahn Amaro Martine Batchelor Shaila Catherine Gil Fronsdal Stephen Batchelor Pat Enkyo O Hara Bernie Glassman and Joseph Goldstein and one scientist James Austin who have experienced awakening From the paths they traveled to enlightenment and their descriptions of the experience he derives three fundamental properties of awakened consciousness He then constructs an overarching model that explains how Buddhist practices help free the mind from attachments to reality and the self and make possible the three properties of awakening Specifically these teachers describe how they worked to control attention and quiet the mind detach from ideas and habits and open themselves to compassion Boyle s account incorporates current theories of consciousness sociological insights and research in neuroscience to advance

the study of awakened consciousness and help an even greater number of people to realize it *Mindful Parenting* Susan Bögels, Kathleen Restifo, 2013-09-18 Despite its inherent joys the challenges of parenting can produce considerable stress These challenges multiply and the quality of parenting suffers when a parent or child has mental health issues or when parents are in conflict Even under optimal circumstances the constant changes as children develop can tax parents inner resources often undoing the best intentions and parenting courses Mindful Parenting A Guide for Mental Health Practitioners offers an evidence based eight week structured mindfulness training program for parents with lasting benefits for parents and their children Designed for use in mental health contexts its methods are effective whether parents or children have behavioral or emotional issues The program s eight sessions focus on mindfulness oriented skills for parents such as responding to as opposed to reacting to parenting stress handling conflict with children or partners fostering empathy and setting limits The book dovetails with other clinical mindfulness approaches and is written clearly and accessibly so that professionals can learn the material easily and impart it to clients Featured in the text Detailed theoretical clinical and empirical foundations of the program The complete Mindful Parenting manual with guidelines for eight sessions and a follow up Handouts and assignments for each session Findings from clinical trials of the Mindful Parenting program Perspectives from parents who have finished the course Its clinical focus and empirical support make Mindful Parenting an invaluable tool for practitioners and clinicians in child school and family psychology psychotherapy counseling psychiatry social work and developmental psychology **Going on a Meditation Retreat** Frits Koster, Jetty Heynekamp, Victoria Norton, 2025-04-11 This book provides a straightforward accessible guide to going on a silent meditation retreat Written by experienced retreat facilitators this book presents a mix of Buddhist wisdom insights from modern psychology and mindfulness research and personal accounts from meditators who have attended retreats with them in the last 30 years The chapters provide advice on preparing for the retreat such as booking and what to pack and offer practical day to day guidance about how to sit whilst being kind to knee back or other physical issues There is detailed information about how to work compassionately with the difficult thoughts or emotions and other challenges participants typically encounter on this kind of more intensive meditation programme as well as how to cultivate joy gratitude compassion and balance The focus is on in person retreats but this book also offers some guidance for teaching and participating in online home retreats a new development which has emerged from the COVID 19 pandemic and lockdowns This book is an invaluable resource for anyone considering going on a silent meditation retreat to step out of the often frantic and overwhelming round of day to day activity and find space for reflection It will also be of use to mindfulness teachers or trainees who are required to go on retreat for qualification purposes and to current or trainee retreat facilitators **Enough!** Chonyi Taylor, 2010-07-16 All of us are caught up in addictions big or small Enough presents a practical path that releases us from the grip of negative habits and addictions that block a full and meaningful life We can learn how to undo our habits and addictions but to do this we have to first find their triggers With the

right techniques we can disarm them and learn more effective ways for dealing with the pain that so often underlies our problem causing behaviors Without the support of effective methods we are likely to return to our addictions when pain and painful issues arise Ch nyi Taylor helps us break through that cycle reconnect with ourselves and others and feel more centered in our spiritual awareness The meditations in this book are designed to develop familiarity with states of mind that can release us from addictive patterns Presenting the essence of Buddhism without the jargon and fusing it with Western psychology Ch nyi Taylor engagingly combines practical exercises that were developed through her workshops with meditations and stories and presents invaluable insights about how the mind works Enough is intended for anyone who is looking for a powerful and effective way out of addiction regardless of religious or secular background and is suitable for self study or as part of a guided program

The Psychology of Meditation Michael A. West, 2016-01-28 In the past 20 years meditation has grown enormously in popularity across the world practised both by the general public as well as by an increasing number of psychologists within their daily clinical practice Meditation is now used to treat a range of disorders including depression anxiety eating disorders chronic pain and addiction In the past twenty years we have also learned much more about the underlying neural bases for meditation and why it works The Psychology of Meditation Research and Practice explores the practice of meditation and mindfulness and presents accounts of the cognitive and emotional processes elicited during meditation practice Written by researchers and practitioners with considerable experience in meditation practice and from different religious or philosophical perspectives the book examines the evidence for the effects of meditation on emotional and physical well being in therapeutic contexts and in applied settings The areas covered include addictions pain management psychotherapy physical health neuroscience and the application of meditation in school and workplace settings Uniquely the contributors also present accounts of their own personal experience of meditation practice including their history of practice phenomenology and the impact it has had on their lives Drawing on evidence from both research and practice this is a valuable synthesis of the ways in which meditation can profoundly enrich human experience

Rewriting the Rules Meg Barker, Meg-John Barker, 2012 Love is a dominant theme in Western popular culture It has become central to the meaning of everyday life propagated through the media and the market Being in love has become idealized With the demise of institutional religion in the West romantic love has become the dominant form of inner worldly salvation In Foucault's terms it has become a key component in the arts of existence and the care of self Inglis gives a clear concise picture of how love shapes and is shaped by society publisher's website

Commit to Sit Joan Duncan Oliver, 2010-05 This book brings together a broad range of Buddhist meditative techniques that have appeared in the magazine over the years Contributors include some of the foremost voices in contemporary Buddhism Pema Chodron starts our journey with an inspirational Foreword Lama Surya Das explores the definition of meditation while Sharon Salzberg and Joseph Goldstein lay out a 28 day program for establishing a daily practice Wherever you are on your search you will find plenty of guidance in

this book Learn about insight meditation from Bhante Henepola Gunaratana and Sylvia Boorstein Or about zazen from Barry Magid and Martine Batchelor Gil Fronsdal offers instruction in metta lovingkindness meditation while Judith Simmer Brown teaches tonglen a Tibetan Buddhist practice for cultivating compassion We also learn about the crucial role the body plays in meditation from S N Goenka Reginald Ray Wes Nisker and Cyndi Lee We receive guidance on managing issues that arise in meditation from Jon Kabat Zinn Christina Feldman Matthieu Ricard Pat Enkyo O Hara and others And there are practices for bringing mindfulness and compassion to daily life from Thubten Chodron Sayadaw U Tejaniya and Michael Carroll Though targeted to the reader who would like to begin meditating this collection also offers support and guidance to the experienced meditator working to sustain a lifelong practice This is a guide to meditative practice for any seeker wishing to deepen their understanding of themselves and their world

Detox Your Heart Valerie Mason-John, 2017-02-21 Drawing on her own experiences with abuse and addiction Valerie Mason John presents a well grounded series of meditations that transform anger hatred and fear to heal emotional trauma Valerie Mason John knows what it is like to be filled with toxic emotions and how to release them After years of abuse and struggles with addiction she was mired in anger resentment and fear But through meditation and willingness to forge a new path she learned how to disarm such toxins and find peace In *Detox Your Heart* Mason John helps us recognize our emotions good and bad and to develop the self care to heal ourselves Chapters that explore and clearly define negative emotions are paired with chapters on how to transform them Meditation exercises based on the Buddhist principles of mindfulness loving kindness and compassion provide tools to help us heal our own hurts and to close the gap that toxic emotions create between heart and mind

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