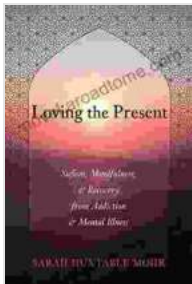


# Sufism, Mindfulness and Recovery from Addiction and Mental Illness: A Path to Healing and Wholeness

**Are you struggling with addiction or mental illness? Are you looking for a path to healing and wholeness? Sufism, a mystical tradition within Islam, offers a powerful and profound approach to recovery.**

Sufism teaches that addiction and mental illness are not signs of weakness or failure, but rather opportunities for spiritual growth and transformation. Through the practice of mindfulness, meditation, and other spiritual disciplines, Sufis believe that it is possible to heal the wounds of addiction and mental illness and to find lasting peace and well-being.



## Loving the Present: Sufism, Mindfulness, and Recovery from Addiction and Mental Illness by Susan Quayle

★★★★★ 5 out of 5

Language : English  
File size : 2004 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 210 pages  
Lending : Enabled



This book, *Sufism Mindfulness And Recovery From Addiction And Mental Illness*, is a comprehensive guide to the Sufi approach to recovery. Drawing

on the wisdom of Sufi masters such as Rumi and Ibn Arabi, the book offers practical tools and techniques for healing addiction and mental illness, including:

- Mindfulness meditation
- Spiritual practices
- Prayer
- Community support

The book also includes inspiring stories of people who have used Sufism to overcome addiction and mental illness. These stories offer hope and encouragement to anyone who is struggling with these challenges.

If you are looking for a path to healing and wholeness, *Sufism Mindfulness And Recovery From Addiction And Mental Illness* is an invaluable resource. This book will guide you on a journey of self-discovery and transformation, helping you to find lasting peace and well-being.

## **Testimonials**

*"This book is a lifesaver. I have been struggling with addiction for years, and nothing has worked. But the Sufi approach has finally given me hope. I am learning to heal the wounds of my past and to find peace and serenity in the present moment."* - John, recovering addict

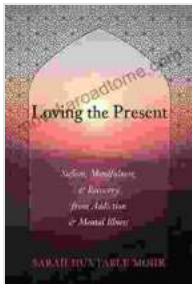
*"I have been diagnosed with bipolar disorder, and I have found that the Sufi practices of mindfulness and meditation have helped me to manage my symptoms and to live a more fulfilling life."* - Mary, person with bipolar disorder

*"I am a therapist who works with people who are struggling with addiction and mental illness. I have found that the Sufi approach to recovery is a powerful and effective tool for healing. This book is an invaluable resource for anyone who is looking for a path to recovery." - Dr. Jane Smith, therapist*

## Free Download Your Copy Today!

*Sufism Mindfulness And Recovery From Addiction And Mental Illness* is available now from Our Book Library.com and other major retailers.

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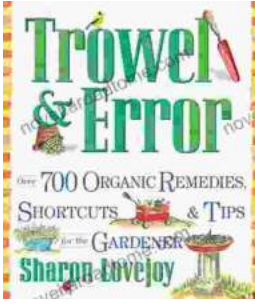


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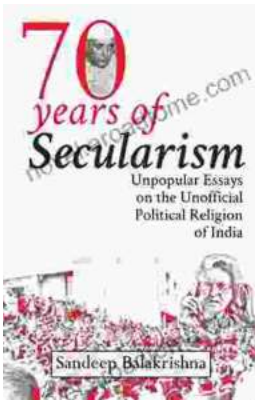
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