Human existence can be beset by a variety of negative mental states such that life seems devoid of meaning, but it can also be liberated—a meaningful life reclaimed and savored through cultivation of a higher kind of mind. This quality, mindfulness, refers to both a set of contemplative practices and certain distinct psychological states and traits, and it can be cultivated through intentional effort and training.

In *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain*, Eric L. Garland presents an innovative program of intervention that can be put into practice by therapists working with people struggling with addiction and the conditions that underlie it. Unlike other substance abuse treatment modalities, which focus largely on relapse prevention, Mindfulness-Oriented Recovery Enhancement (MORE) concentrates on helping people to recover a sense of meaning and fulfillment in everyday life, embracing its pleasures and pain without avoiding challenges by turning to substance use.

Along with chapters on the biopsychosocial model underlying MORE and the current state of research on mindfulness, this book includes a complete treatment manual laying out for clinicians, step by step, how to run MORE groups—including adaptations to address chronic pain and prescription opioid misuse—and enhance the holistic recovery process for people striving to overcome addiction.

With addiction a widespread and growing problem in our society, *Mindfulness-Oriented Recovery Enhancement* could not be more timely or needed. It integrates the latest research on addiction, cognitive neuroscience, positive psychology, and mindfulness into a practice that has garnered empirical support and holds the promise of release and fulfillment for those who suffer from addiction.

Eric L. Garland's exciting book, *Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain* is a ground-breaking new contribution to addiction treatment literature. Dr. Garland, a licensed clinical social worker with more than a decade of experience in delivering evidence-based interventions based on contemporary cognitive-affective neuroscience, offers a clearly articulated 10-session model for intervening with substance dependent clients. The treatment approach presented in Garland's book is inexpensive, research based, broadly applicable to substance-dependent people of all types, and readily adopted by student and experienced practitioners. Although mindfulness interventions are rooted in ancient Buddhist traditions, psychophysiological and clinical assessments suggest that they are among the most efficacious treatments currently available for a range of modern-day maladies. I strongly encourage clinicians and therapists working with substance-dependent clients to read *Mindfulness-Oriented Recovery Enhancement*.

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