



# **New Life Stories: Journeys of Recovery in a Mindful Community**

*Hilary H. Carter*

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# New Life Stories: Journeys of Recovery in a Mindful Community

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## **New Life Stories: Journeys of Recovery in a Mindful Community** Hilary H. Carter

Suffering comes in many forms. From depression to alcoholism, from drug addiction to sudden bereavement, from abuse to burnout, from social anxiety to relationship issues and more. In the hills of northern Thailand is a unique and exciting mindful recovery community where people from all over the world can learn to discover a new life through the practice of mindfulness. In this book, ten of the residents of the New Life Foundation share their own stories, demonstrating how they have benefited through the practice of mindfulness. Their fascinating true-life narratives demonstrate that however far we fall, there is always hope and the opportunity to learn and grow from our experience. The foundation is a registered non-profit organization that aims to provide affordable support for all in need. 100% of the royalties from this book will be donated to New Life.

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#### **Ellen Jorge:**

Playing with family in a park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love *New Life Stories: Journeys of Recovery in a Mindful Community*, it is possible to enjoy both. It is excellent combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't obtain it, oh come on its called reading friends.

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