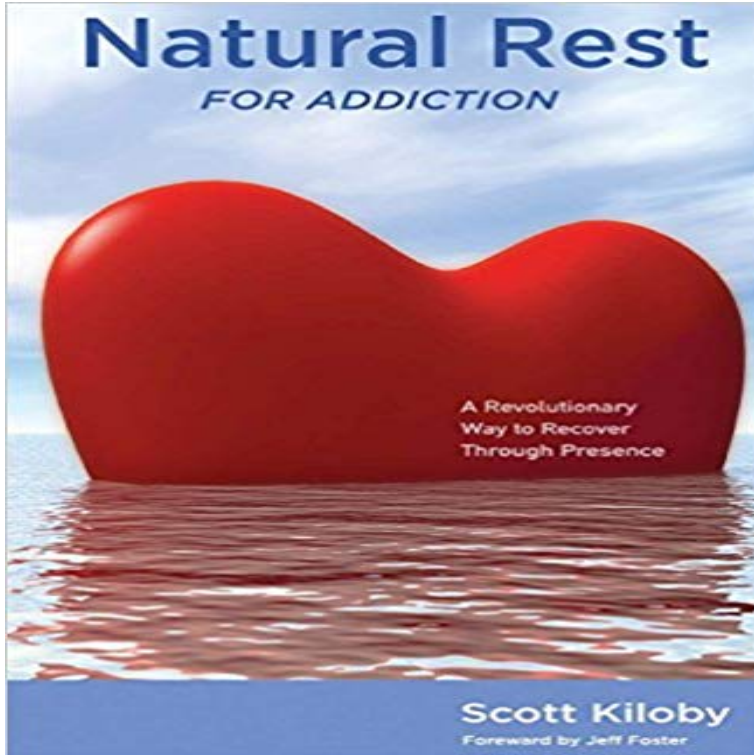


# Natural Rest for Addiction: A Revolutionary Way to Recover Through Presence



Natural Rest for Addiction is Scott Kiloby's book employing his unique mindfulness approach on addictions of every kind. Mindfulness is an emerging, effective treatment for addiction. It is starting to be employed in many substance abuse centers across the U.S. Scott is the author of six books, an international speaker and an addiction specialist. In this book, you will discover how to be present in the moment and not live in the past and future so much, which is where addiction lies. Living in the moment provides a profound peace and freedom. The book also contains Scott's groundbreaking Living Inquiries which provide a way to dismantle the self-esteem issues that underlie addiction. Scott is the Founder of the first addiction recovery center in the US to focus primarily on mindfulness. The center can be found at [www.kilobycenter.com](http://www.kilobycenter.com). Scott's site containing information about his Natural Rest method can be found at [www.naturalrestforaddiction.com](http://www.naturalrestforaddiction.com).

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