

Laura Burgess

Friends at Dorland,

I am pleased that my new book, [The Zen Way of Recovery: An Illuminated Path Out of the Darkness of Addiction](#), was released by Shambhala Publications in July. This book, a blend of memoir and essay, took shape during my wonderful week at Dorland in 2021, where I did research and began to write.

For anyone troubled by addictions or self-sabotaging behaviors, The Zen Way shares Buddhist teachings and practices that can provide support and guidance. Recently, Tricycle Magazine offered an excerpt, which you can read here, along with an excerpt from Buddhadharma Magazine and a brief review. I hope you or someone you love might find these teachings helpful. Many thanks to Dorland for providing me with the solace, the silence, and the grand piano, to imagine this book!

Buddhadharma:
[brief review](#)

Buddhadharma:
[excerpt](#)

Tricycle excerpt:
<https://bit.ly/3p35WgI>

PS: I am now working on a series of three children's books and look forward to my time in September to work on them there!

