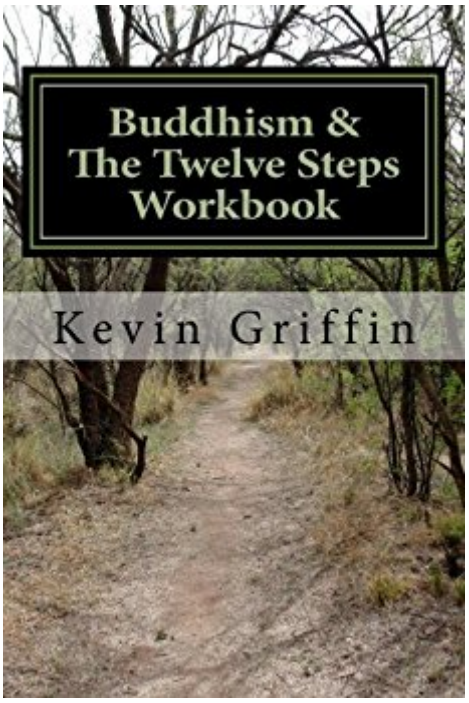
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# Buddhism & The Twelve Steps Workbook: A Workbook For Individuals And Groups




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## Synopsis

Buddhism & The Twelve Steps is a workbook for people in recovery from addiction of any kind. The book is based on the 12 Steps, intertwining recovery ideas with the Buddhist teachings. Mindfulness is the fundamental tool offered for practice and is presented in the larger context of Buddhist teachings that include the elements of morality and wisdom. The material is practically oriented, and the voice is a personal. Buddhist teachings are presented in down-to-earth terms that make them accessible to the non-Buddhist reader.

## Book Information

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## Customer Reviews

Kevin nailed it in this workbook. Recovery is a personal journey. As an evolving society in a complicated world, Kevin has again pushed the refresh button on 12-Steps from the always relevant Buddhist mindfulness perspective.

Very well written in a causual way. Inspiring, engaging and thought provoking. A very usefull tool for anyone living the 12 steps.

Way too much 12 step and all too little Buddhism. I did not feel there was any attempt to connect the two. I threw the book out after two days.

Will be looked upon as a classic of "translational crosswalk" between Buddhist practice and 12-Step Life. A great tool kit and portable workshop for those of us who teach and do this work, and for those in recovery and on the Buddhist Path. More and more it is becoming the focus for groups and meetings around the country.

Great book. Looking at spirituality in a mature and reasonable way. How to do the 12 steps without Christianity. it is possible

here in Pittsfield ma., we have been using this book in our Buddhism and the 12 steps meeting for 3 years. it is always good and helpful. we have calm insightful discussions. I know that I have been helped by the readings and the exercises. I believe other’s are too. thank you kevin.

Perfect companion to One Breath At A Time. Many thanks to Kevin for a well-written guide!

This book has a good balance of personal journey and scholarship. I appreciate that it can be used for all kinds of recovery and the general life path of we wanderers. Thanks Kevin.

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