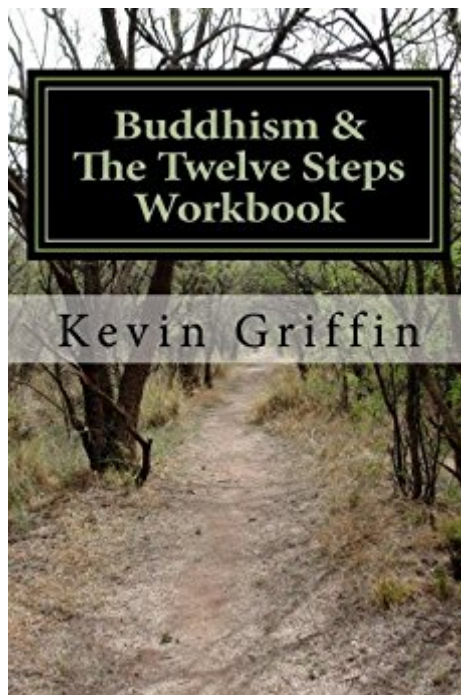




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Buddhism & The Twelve Steps Workbook: A Workbook For Individuals And Groups



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 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.

I had the pleasure of attending a workshop in 2012 that Kevin gave incorporating Buddhist philosophy with 12-step recovery techniques. His previous books helped with my own personal recovery and I was excited to experience more of his insight. The information in this book has been

culled by the workshops he has given and I was excited to have a permanent reference of the material. As a mental health professional, I am also using these techniques with some of my clients who are struggling with recovery. The book is an excellent resource for anybody who is doing any mindfulness work. Highly recommended!

Great book tells you how to approach the 12 steps with a Buddhist mind plus there are actual exercises you can do to help keep you on a path.

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

This book is wonderful and I would recommend it to anyone who is interested in working a twelve step program, especially those who have trouble identifying with the concept of a Higher Power. I purchased this book because I was conflicted and stuck on step three, and I couldn't get past my programs' use of God with a capital "G." I had already been using a mindfulness based approach in my recovery and this book offered exactly what I was missing and been searching for. I am so thankful Kevin Griffin walked this path before me and had the compassion to document and highlight his steps for the rest of us.

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.

I am beginning to study this workbook and am learning a lot. I also have 2 other books of his and have been to one retreat. It is wonderful if you are Buddhist and in Recovery. I really appreciate this work !

good book to read while you are working the steps. it has helped me a lot. I would recommend it to anyone

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