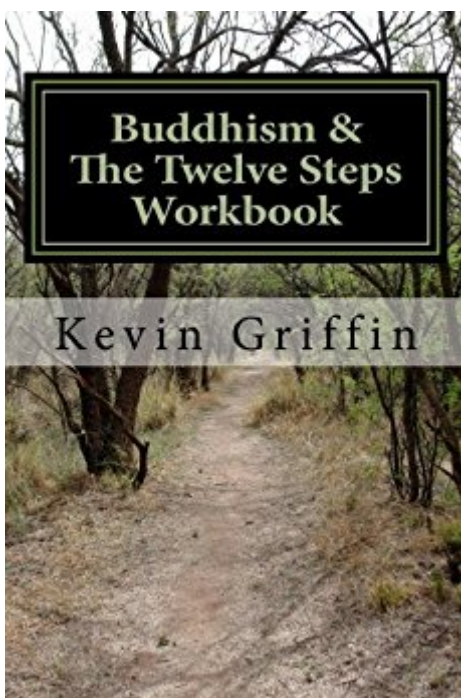


The book was found

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.

Very well written in a casual way. Inspiring, engaging and thought provoking. A very useful 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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Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners)
Twelve Jewish Steps to Recovery (2nd Edition): A Personal Guide to Turning From Alcoholism and Other Addictions (Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series)
Groups and Symmetries: From Finite Groups to Lie Groups (Universitext)
Zen Buddhism: How Zen

Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears 475 Tax Deductions for Businesses and Self-Employed Individuals: An A-to-Z Guide to Hundreds of Tax Write-Offs (422 Tax Deductions for Businesses and Self-Employed Individuals) One Breath at a Time: Buddhism and the Twelve Steps It Works: How and Why: The Twelve Steps and Twelve Traditions of Narcotics Anonymous 422 Tax Deductions for Businesses and Self-Employed Individuals (475 Tax Deductions for Businesses & Self-Employed Individuals) Twelve Steps and Twelve Traditions The Twelve Steps and Twelve Traditions of Overeaters Anonymous The Big Book of Alcoholics Anonymous (Including Twelve Steps and Twelve Traditions) Visiting the Normandy Invasion Beaches and Battlefields: A Helpful Guide Book for Groups and Individuals Women of the Bible: 52 Bible Studies for Individuals and Groups

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