



Buddhism and the Twelve Steps: A Recovery Workbook for Individuals and Groups

Kevin Griffin

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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.

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