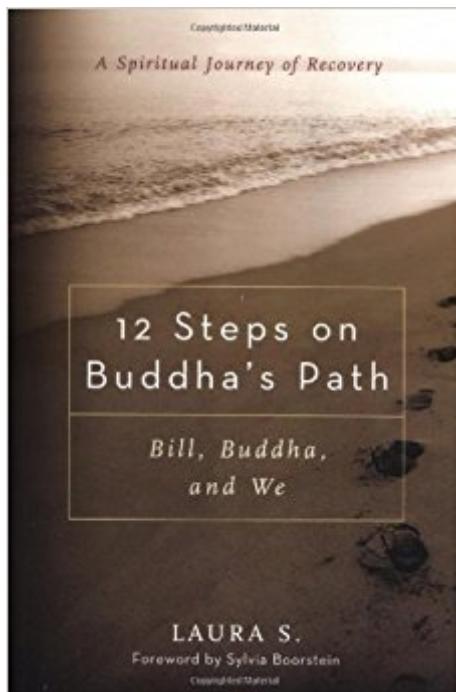


The book was found

12 Steps On Buddha's Path: Bill, Buddha, And We



Synopsis

12 Steps on Buddha's Path is an inspiring firsthand account of what happens when life seems hopeless and the miracle of finding out that it's anything but. The author describes her own journey of recovery from alcoholism - an astonishing passage through strange and frightening territory - and marks out the path that allowed her to emerge from that darkness as a wise and compassionate person living a life that is joyous and free. This book is a powerful and enriching synthesis of the 12-Step recovery programs and the Noble Eightfold Path of Buddhism. It is sure to appeal to anyone touched by addiction, including those looking for new ways to understand and work with the tried-and-true 12-Step system. Tens of millions of Americans suffer from alcoholism and other forms of dependence, and 12 Steps on Buddha's Path offers hope and help for any one of them. Though writing anonymously out of deep respect for 12-Step policies, the author is in fact a well-known professional author, deeply involved in the recovery and meditation communities.

Book Information

Paperback: 208 pages

Publisher: Wisdom Publications; 1 edition (March 15, 2006)

Language: English

ISBN-10: 0861712811

ISBN-13: 978-0861712816

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (29 customer reviews)

Best Sellers Rank: #171,272 in Books (See Top 100 in Books) #53 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #216 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #307 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

I have been sober 15 years and this is the best book that I have read to help me incorporate my Buddhist practice and the 12 steps. Thank you! It gave me the motivation to re-do the steps in the perspective of my Buddhist practice and gave me an added incentive to work on my recovery.

This is an insightful book, a true story and a quick study about both Buddhism and AA. Recommended for anyone interested in AA and a solution to alcoholism from a spiritual standpoint. A very heartfelt

and well written book...

Many inspiring and insightful books have been written about addiction, recovery and the 12 Step program of recovery. A few stand out from the rest. I highly recommend this book to anyone in recovery who is not drawn to the Judeo-Christian approach. Phillip Z. Author of A Skeptic's Guide to the 12 Steps.

I really liked this book and related to the observations that Buddhism and 12 steps have the same goals and philosophy. As an introduction to Buddhism, it really works and helps one understand some of the basic concepts of Buddhism. Excellent book.

I really enjoy this book. It is not bogged down in program jargon. It's a clear, easy read emphasizing experience, strength and hope. 12 Steps on Buddha's Path: Bill, Buddha, and We

This is a wonderful book full of insight on the 12 steps and on Buddhism. I was struggling with the steps and AAs "god" issues this book really helped me put things in the proper concept and move forward.

Excellent read. This is the best discourse that I've found that discusses the traditional 12 steps of AA in terms of the teachings of the Buddha. The style of writing is matter of fact and easy to understand. Whether one is already a practicing Buddhist or simply wanting to gain insight into the 12 Steps, I think that you will find this little book a big help. At this point I've read through it twice and have recommended it to several fellow meditators.

Although this book tells the story of one woman's experiences with AA and with Buddhism, there really was not much in the way of insightful analysis or synthesis. The similarities between the two are well known. The author recounts how both have helped her. However, while I wish her well, her story did little to further my own understanding. For those who have not read widely in Buddhism, this might be a useful introduction.

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