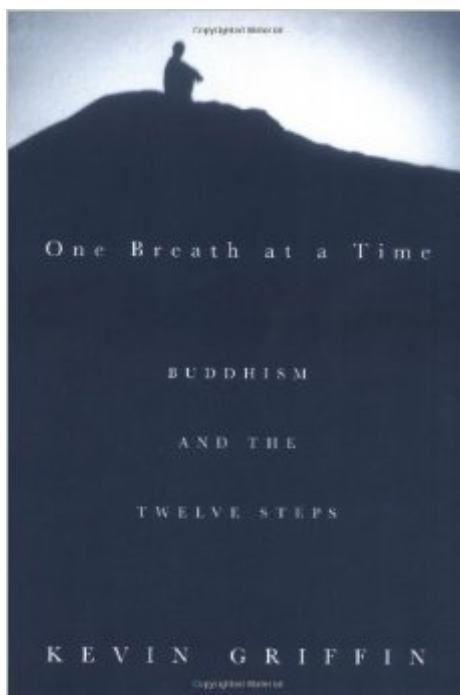


The book was found

One Breath At A Time: Buddhism And The Twelve Steps



Synopsis

What would the Buddha say to an alcoholic or addict? What could those in recovery offer to the Buddhist path? Kevin Griffin has immersed himself in the Buddhist and Twelve Step traditions, and in *One Breath at a Time* he gives some surprising and inspiring answers to these questions. The author, a Buddhist meditation teacher and longtime Twelve Step practitioner, weaves his personal story of recovery with traditional Buddhist teachings. The book takes us on a journey through the Steps, examining critical Twelve Step ideas like Powerlessness, Higher Power, and Moral Inventory through the lens of Buddhism. *One Breath at a Time* presents potent ancient techniques for finding calm and clarity and offers a vision of a Higher Power not tied to traditional Western Judeo-Christian concepts. *One Breath at a Time*, describes the convergence of two vital traditions, one ancient, the other contemporary, and shows how they are working together to create a rich spiritual path for our times. Certain to resonate with both meditators and those whose mantra is "One day at a time," *One Breath at a Time* should find a large, welcoming audience.

Book Information

Paperback: 256 pages

Publisher: Rodale Books; 1 edition (June 9, 2004)

Language: English

ISBN-10: 1579549055

ISBN-13: 978-1579549053

Product Dimensions: 6.1 x 0.8 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (141 customer reviews)

Best Sellers Rank: #25,589 in Books (See Top 100 in Books) #34 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice](#) #34 in [Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior](#) #41 in [Books > Religion & Spirituality > New Age & Spirituality > Spiritualism](#)

Customer Reviews

While I've never been through a 12-step program, I have been meditating for 8 years. During that time I've read many wonderful books about Buddhism and meditation. But this book is special in two ways. First, by writing with honesty, courage and humor about his own difficult path in life - Mr. Griffin creates a connection with the reader that goes way beyond the 'conceptual' focus of many books on the subject. Yet at the same time, it never devolves into a confessional. It's still a book that teaches,

not rants. It's full of excellent practical advice, insight, and some very useful exercises. But it teaches from an unusually personal and vulnerable place. It's other great strength is Mr. Griffin's ability to make difficult and exotic concepts accessible. Although I've read a lot, attended retreats, etc., there are some ideas - for example 'no-self' - that always have been too foreign and 'other-worldly' for me to really connect to emotionally. At best I'd get a vague intellectual understanding of what was being discussed. But this book made many of these ideas simple and clear. Quite a few times, while reading it, I found myself going 'oh THAT'S what they've all been talking about.' Unlike many of our best and most revered Buddhist teachers, Mr. Griffin hasn't spent years living in Asia. He's slogged through life in Western society, and has had to find his peace and insights while simultaneously dealing with the same day-to-day problems of career, love, marriage, parenthood, etc. as the rest of us. To me that relieves his work of a subtle disconnect I sometimes feel with other Buddhist writers and teachers. There's no sense of: 'yes, they can be calm and happy - they spent 5 years in a rainforest.

[Download to continue reading...](#)

One Breath at a Time: Buddhism and the Twelve Steps
Breath by Breath: The Liberating Practice of Insight Meditation (Shambhala Classics)
Breath By Breath: The Liberating Practice of Insight Meditation
Dakini Power: Twelve Extraordinary Women Shaping the Transmission of Tibetan Buddhism in the West
Twelve Quakers and Jesus (Twelve Quakers... Book 2)
Twelve Quakers and God (Twelve Quakers... Book 1)
Twelve Hours' Sleep by Twelve Weeks Old: A Step-by-Step Plan for Baby Sleep Success
Agatha Christie: Twelve Radio Mysteries: Twelve BBC Radio 4 Dramatisations
Divine Therapy and Addiction: Centering Prayer and the Twelve Steps
Breathing Under Water: Spirituality and the Twelve Steps
The Life Recovery Workbook: A Biblical Guide Through the Twelve Steps
A Woman's Way through the Twelve Steps
A Woman's Way through the Twelve Steps Workbook
Twelve Steps to a Compassionate Life
The Actor In You: Twelve Simple Steps to Understanding the Art of Acting
The Time Garden Note Cards: Color-In Note Cards from the Creator of The Time Garden and The Time Chamber (Time Adult Coloring Books)
Learning True Love: Practicing Buddhism in a Time of War
The Outlandish Companion Volume Two: Companion to The Fiery Cross, A Breath of Snow and Ashes, An Echo in the Bone, and Written in My Own Heart's Blood
The Outlandish Companion Volume Two: The Companion to The Fiery Cross, A Breath of Snow and Ashes, An Echo in the Bone, and Written in My Own Heart's Blood (Outlander)
A Breath of Snow and Ashes: Outlander, Book 6

[Dmca](#)