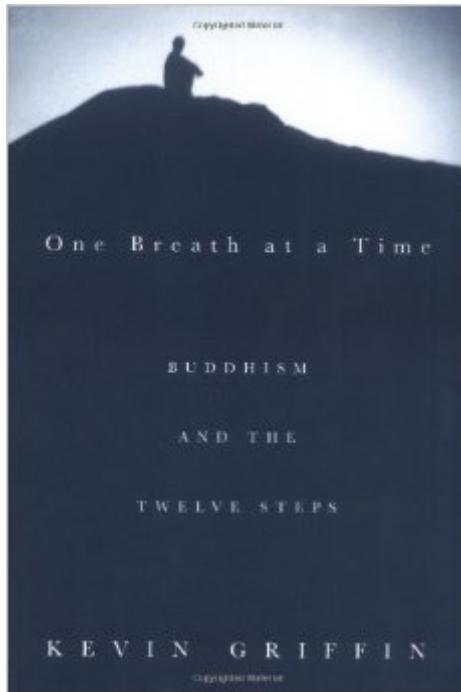


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One Breath At A Time: Buddhism And The Twelve Steps



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

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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.'

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