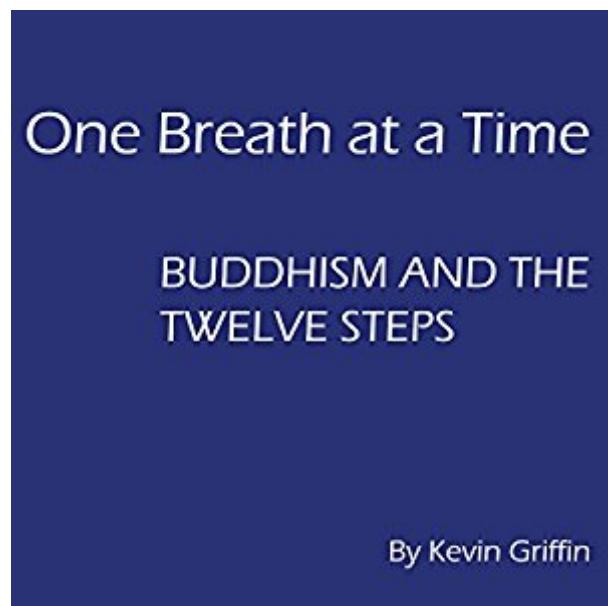


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# One Breath At A Time: Buddhism And The Twelve Steps



## Synopsis

One Breath at a Time: Buddhism and the Twelve Steps has established itself as a classic, a bellwether of the most significant recovery movement of the 21st century, combining Buddhist mindfulness practices with a 12-step recovery program. Published in 2004, One Breath at a Time has never lost its place as the best-selling Buddhist recovery book. We are proud to present an audio edition of this transformative work. What gives the book its enduring value is Griffin's intimate and revealing tales of his own and other's addiction and recovery, combined with his unique capacity to translate traditional 12-step concepts like powerlessness, higher power, and character defects into meaningful contemporary terms. He explores all this through the lens of the core concepts of Buddhism: the Four Noble Truths, the Eightfold Path, mindfulness, loving-kindness, and more. The result is a book that has transformed the lives of thousands of addicts and alcoholics. Narrated by Kevin himself, the audio version brings this classic book to life.

## Book Information

Audible Audio Edition

Listening Length: 10 hours and 44 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: One Breath Books

Audible.com Release Date: August 29, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B07542HTT8

Best Sellers Rank: #32 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #32 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #41 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice

## Customer Reviews

I'm a clinician who is also in recovery. I was successful despite the fact that I do not connect with traditional AA, and I'm always looking for creative ways to get my clients engaged who do not connect with AA or NA. This is the best book I've found. It helps to connect people with the 12 steps, who are not religious, Without alienating people who are. It is a nice intro to the Buddhist practice. As someone who works with many people that suffer with mental health issues, it can be

valuable, even if you do not struggle with addiction. I keep buying it, because I end up giving it out to clients.

With 30+ years of sobriety and 20+ years of Zen practice, I say this book, OneBreath at a Time, belongs on everyone's bookshelf right in between your BigBook and the 12 and 12. This is a very wise and practical book that transcends both Buddhism and the 12-Steps. Coming to this book with any level of Buddhist practice, or none at all, the reader will quickly see how Kevin Griffin demonstrates how the 12-Steps are comingled with Buddhist practice and how Buddhist practice reveals itself in Twelve Step programs.

(Also see my review on Therese Jacobs-Stewart's Mindfulness and The 12 Steps.) As I finally began digging into my 12-step AA work in earnest, I found meditation to be the most difficult, as well as perhaps the most important, aspect of making 12-step work part of my daily life. Years before alcohol took me over, I had a fair-decent practice and understanding of Buddhist meditation, so I found in my heart a desire to bring Mindfulness Meditation directly into my 12-step meditation. Kevin Griffin's book, as does Therese Jacobs-Stewart's, uses the 12 steps as chapter-headers, intertwining their personal stories with their 12-step work and discoveries, wound around a central cord of Buddhist practice, thought, and meditation. Kevin's book is from a male perspective, though certainly not a macho one, and he has a powerfully personal story to tell. He's perhaps a bit more verbose than Therese- more pages, more divergent, "deeper" into some of the Buddhist concepts-- but I'm grateful I have both in my library and continue to refer to them regularly, and if you're on a 12 Step Journey on the 8-fold Path yourself, have someone who is on one of the paths but could use the other as well, or just want to know more about either or both, I'm sure you will be too.

A wonderful, insightful book on Buddhism and the 12 steps. I loved this book. We used it for our Sunday morning meditation meeting. We took a year to completely read and share ideas and practice meditation.

This is the 1st book that discusses Buddhist principles in a way I could understand and even more important to me, Kevin did a great job of tying in the AA 12 steps and principles in a way I could understand. I have a history of buying misc books on spirituality, Buddhism, etc and not finishing them. I finished this book, highlighted various passages and plan to re-read at some point as well.

Highly recommend this book.....great insight into Buddhism....recovery....meditation....etc.....

This was a gift and they love it !

Excellent way into AA spirituality

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