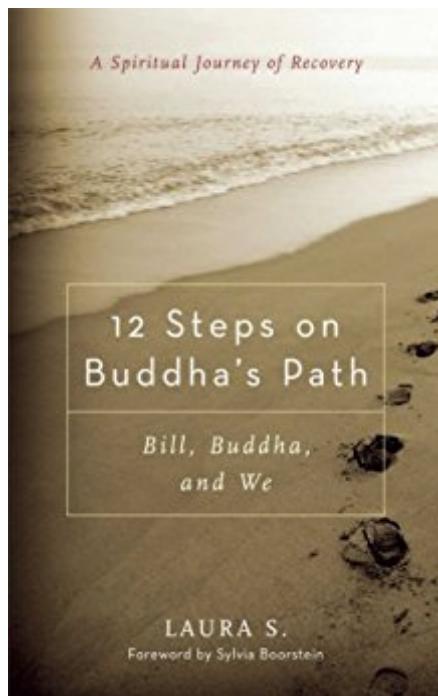


The book was found

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

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Customer Reviews

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.

For the pagan looking for guidance with addition issues, in what ever form those issues are, this is a great starting point on the road to sobriety.

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.

Excellent link between Buddhism and AA. I have read it several times and have bought copies for friends who need an emotional lift. It helped me accept and understand more fully my alcoholism. Thank you, Laura. This book saved my sobriety and my life. Namaste'

12 Steps on Buddha's Path was clearly written by a Buddhist. Her writing is clean but gentle. The somewhat complex Buddhist principles are clearly put and may entice readers to learn more about Buddhism. She weaves the 12 step process of spiritual growth, the steps themselves, and the Buddhist principles clearly together so they both respect and support each other. An excellent book to use for a group or singly.

Enjoyed the correlation between the AA 12-step principles and the sacred principles of Buddhism. Very helpful and an uplifting read in terms of applying these principles in daily life.

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.

Nice integration of a non- Christian spiritual path with 12 steps.

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