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Twelve Steps For Overeaters An Interpretation Of The Twelve Steps Of Overeaters Anonymous

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A Skeptic's Guide to the 12 Steps

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When Food Is Comfort

Winner of a 2018 Catholic Press Association Award: Sacraments. (Second Place). In the first book to directly integrate the Twelve Steps with the practice of Catholicism, Scott Weeman, founder and director of Catholic in Recovery, pairs his personal story with compassionate straight talk to show Catholics how to bridge the commonly felt gap between the Higher Power of twelve-step programs and the merciful God that he rediscovered in the heart of the sacraments. Weeman entered sobriety from alcohol and drugs on October 10, 2011, and he's made it his full-time ministry to help others who struggle with various types of addiction to find spiritual wholeness through Catholic in Recovery, an organization he founded and directs. In *The Twelve Steps and the Sacraments*, Weeman candidly tackles the struggle he and other addicts have with getting to know intimately the unnamed Higher Power of recovery. He shares stories of his compulsion to find a personal relationship with God and how his tentative steps back to the Catholic Church opened new doors of healing and brought him surprising joy as he came to know Christ in the sacraments. Catholics in recovery and those moving toward it, as well as the people who love them will recognize Weeman's story and his spiritual struggle to

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personally encounter God. He tells us how: Baptism helps you admit powerlessness over an unmanageable problem, face your desperate need for God, and choose to believe in and submit to God's mercy. Reconciliation affirms and strengthens the hard work of examining your life, admitting wrongs, and making amends. The Eucharist provides ongoing sustenance and draws you to the healing power of Christ. The graces of Confirmation strengthen each person to keep moving forward and to share the good news of recovery and new life in Christ. Weeman's words are boldly challenging and brimming with compassion and through them you will discover inspiration, hope, sage advice, and refreshingly practical help.

One Breath at a Time

Food for Thought offers comforting words for compulsive overeaters who seek to understand the role of food in their lives, and helps them support a life of physical, emotional, and spiritual balance. Food for Thought offers wise and comforting words for compulsive overeaters who seek to understand the role of food in their lives. Each day's reading in the best-selling classic--the first Hazelden meditation book to address the needs of overeaters--supports a life of physical, emotional, and spiritual balance. Read daily by millions, Hazelden meditation books have set the standard for quality and popularity. Like all the Hazelden meditation favorites, Food for Thought provides enduring wisdom, reassurance, and strength.

An Atheists Twelve Steps to Self-Improvement

Drawing on her experience in addictions treatment, and on

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many personal stories of addiction and recovery, Dr. Vera Tarman offers practical advice for people struggling with problems of overeating, binge eating, anorexia, and bulimia. Food Junkies is a friendly and informative guide on the road to food serenity.

Understanding the Twelve Steps

Are you one of the millions of people suffering from Binge Eating Disorder? Are you caught in the trap of binge eating, emotional eating, mindless eating, and diet obsession? This book will help you to stop binge eating right now. You will heal the underlying issues that lead to your binge eating when you implement this complete mind, body and spirit approach to healing. It will help you to become the person who you know you are while gently guiding you away from the tyranny of food and body obsession, diets, binge eating and scales. You will come to a place of freedom and peace around food and your body so that you can enjoy your life. You will be able to breathe with ease and settle in to a place of normalcy around food and your body. Reclaiming Yourself from Binge Eating uses a new approach to treating binge eating that does not include dieting, deprivation, willpower, or any kind of self-criticism. These easy steps to becoming a normal eater are thought provoking, action oriented and enjoyable. Recovery from the torment of food and negative body image is within reach.

TWELVE STEPS AND TWELVE TRADITIONS of GreySheeters Anonymous

An exposé of Alcoholics Anonymous, 12-step programs, and the rehab industry—and how a failed addiction-treatment

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model came to dominate America. AA has become so infused in our society that it is practically synonymous with addiction recovery. Yet the evidence shows that AA has only a 5-10 percent success rate—hardly better than no treatment at all. Despite this, doctors, employers, and judges regularly refer addicted people to treatment programs and rehab facilities based on the 12-step model. In *The Sober Truth*, acclaimed addiction specialist Dr. Lance Dodes exposes the deeply flawed science that the 12-step industry has used to support its programs. Dr. Dodes analyzes dozens of studies to reveal a startling pattern of errors, misjudgments, and biases. He also pores over the research to highlight the best peer-reviewed studies available and discovers that they reach a grim consensus on the program's overall success. But *The Sober Truth* is more than a book about addiction. It is also a book about science and how and why AA and rehab became so popular, despite the discouraging data. Dr. Dodes explores the entire story of AA's rise, from its origins in early fundamentalist religious and mystical beliefs to its present-day place of privilege in politics and media. *The Sober Truth* includes true stories from Dr. Dodes's thirty-five years of clinical practice, as well as firsthand accounts submitted by addicts through an open invitation on the Psychology Today website. These stories vividly reveal the experience of walking the steps and attending some of the nation's most famous rehabilitation centers. *The Sober Truth* builds a powerful response to the monopoly of the 12-step program and explodes the myth that these programs offer an acceptable or universal solution to the deeply personal problem of addiction. This book offers new and actionable information for addicts, their families, and medical providers, and lays out better ways to understand addiction for those seeking a more effective and compassionate approach to this treatable problem.

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Why Can't I Stop Eating?

The Big Book and a Study Guide of the 12 Steps of AA

Alcoholics Anonymous

Offers information on understanding and applying the steps in everyday life and interprets the principles behind the AA program

The Twelve Steps of Overeaters Anonymous

Herb K., who is also the author of "Twelve Step Guide to Using the Alcoholics Anonymous Big Book", continues sharing his insights to the Twelve Steps by explaining the how and why, using his own experience along with traditional and universal spiritual wisdom. This book illuminates a path from the dark world of alcoholism and brokenness to a life of peace, purpose and fulfillment. Herb K. leads Twelve Step workshops, retreats and teaches spirituality and recovery throughout the U.S. and the world.

Recovery

This is an updated version (January 2014) of the popular Big Book study guide written by Lawrie C. It is reproduced (printed and bound) and offered for sale under the author's terms as a service to compulsive overeaters. This book is not published by Overeaters Anonymous nor is it OA Conference Approved literature for use in Overeaters Anonymous

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The Twelve Steps for Everyone

The Twelve Steps in Alcoholics Anonymous are a spiritual solution to addiction. By working the Twelve Steps, millions of people have found hope and recovered. This book starts with Step One and examines what the Big Book of Alcoholics Anonymous prescribes. You will understand what it means to admit being powerless and how to surrender to win. There is also a section on the History of The Twelve Steps & Worksheets to help dig deeper into the triggers underneath the addiction.

Twelve Steps to Spiritual Awakening

Explains the twelve steps of Overeaters Anonymous, its program of recovery for food addiction, and the twelve traditions, the principles that guide its groups and services.

Step One of the Twelve Steps of Alcoholics Anonymous

A secular alternative program to the 12 steps of Alcoholics Anonymous for addicts who want to beat drugs, gambling, overeating, sex addiction or simply bad behavior. This is a companion to any twelve step program for potential steppers put off by the god stuff in the AA steps.

Big Book Awakening

Chemically Dependent Anonymous' (CDA) book by the same

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name outlines their history, philosophical underpinnings, & the program for people who are chemically dependent. CDA is a support group that deals with the disease of addiction & the possibility that an addict will transfer his or her chemical dependency from one substance to another. CDA has based its program on the programs proven successful by Alcoholics Anonymous for more than half a century. They have adapted AA's twelve steps & twelve traditions, changing them only so they refer to chemical dependency as a whole, rather than just alcohol abuse. The book CHEMICALLY DEPENDENT ANONYMOUS contains personal stories by 23 courageous recovering men & women who have been willing to share their personal stories about their addiction, their attempts at recovery & their success in combatting many varieties of substance abuse. Their stories have been kept as nearly as possible in their own words. Only those who have been there can so eloquently explain how they have been able to rebuild their lives. These CDA members want to give hope to others that they too may find freedom from their addictions through CDA's own time tested program of recovery outlined in this book.

OA Big Book Study Guide

Twelve Steps and Twelve Traditions of GreySheeters Anonymous Can't stop eating? Many have found recovery from compulsive eating, obesity, food addiction, binge eating, anorexia, or bulimia in GreySheeters Anonymous (GSA.) The Twelve Steps and Twelve Traditions of GreySheeters Anonymous offers readings, questions for reflection, and shared experiences. Interested? Ask yourself the following questions: □ Are you tired of looking for a solution about your weight problem? □ Are you ready to try something different? □

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Are you ready to have freedom from food and the constant thoughts that have kept you imprisoned? □ Are you ready to go to any lengths to experience freedom from the phenomenon of craving? GSA is a Twelve Step Program in which the physical aspect (allergy/addiction) of our disease is addressed by the GreySheet food plan, while the mental, emotional, and spiritual aspects are addressed by the program's Twelve Steps and Twelve Traditions. We have no dues or fees. We are not affiliated with any other organization. The only requirement for membership is a desire to stop eating compulsively. The foods that we eat can be purchased in markets and many restaurants. What we eat is abundant, delicious, and portable.

Food for Thought

This compassionate, insightful book is an adaptation of the Twelve Steps of Alcoholics Anonymous for anyone seeking a practical path to spiritual and emotional freedom. This classic Twelve Step book has sold more than one half-million copies to date. A caring adaptation of the Twelve Steps of Alcoholics Anonymous for anyone seeking a practical path to spiritual and emotional freedom. This compassionate, insightful book is written in the language of the heart, and is used by both lay people and professionals.

Recovery from Compulsive Eating

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery □ This manual for self-realization comes not from a mountain but from the mud My qualification is not that I am better than

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you but I am worse. □ □ Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

Food Junkies

Written to be used in conjunction with, not instead of the "Big Book of Alcoholics anonymous." This book will help guide you through a personal experience with all "Twelve Steps" as they are outlined in the "AA Big Book." You write notes and questions from the "Big Book Awakening" into your own "Big Book" for personal consideration. After you have completed this process yourself your "Big Book" is now a powerful "working with others book" with questions and considerations that will help you work with others both one-on-one and in

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workshops. They then themselves write the same notes into their own "Big Book" to one day do the same.

Taste of Lifeline

Learn Inner Nurturing and End Emotional Eating If you regularly eat when you're not truly hungry, choose unhealthy comfort foods, or eat beyond fullness, something is out of balance. Recent advances in brain science have uncovered the crucial role that our early social and emotional environment plays in the development of imbalanced eating patterns. When we do not receive consistent and sufficient emotional nurturance during our early years, we are at greater risk of seeking it from external sources, such as food. Despite logical arguments, we have difficulty modifying our behavior because we are under the influence of an emotionally dominant part of the brain. The good news is that the brain can be rewired for optimal emotional health. When Food Is Comfort presents a breakthrough mindfulness practice called Inner Nurturing, a comprehensive, step-by-step program developed by an author who was herself an emotional eater. You'll learn how to nurture yourself with the loving-kindness you crave and handle stressors more easily so that you can stop turning to food for comfort. Improved health and self-esteem, more energy, and weight loss will naturally follow.

Twelve Step Workshop and Study Guide, Second Edition

This is the Big Book of Alcoholics Anonymous, describing how to recover from alcoholism, written by the founders of Alcoholics Anonymous (AA), Bill W. & Dr. Bob. It is the

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originator of the seminal "twelve-step method" widely used to treat addictions that range from alcoholism, heroin, meth and marijuana addiction, as well as overeating, sex addiction and gambling addiction. Also included: A current 200 page study guide for the 12 Steps of Alcoholics Anonymous. There are hundreds of questions to answer for The Doctor's Opinion, Bill's Story, The is a Solution, More About Alcoholism and the rest. Summaries and main point for each chapter are also included.

Lifeline Sampler

Twelve Steps to recovery.

The Sober Truth

A Gentle Path through the Twelve Steps Updated and Expanded

Twelve Step Workshop and Study Guide

Reclaiming Yourself from Binge Eating

"The sole purpose of the Big Book of Alcoholics Anonymous and the Program, as I know it, is to guide me toward a spiritual contact with God, as I understand him. When that happens, not only will I lose weight, but my desire for food will be taken away." Besides telling his own story, Bill B. goes through the Twelve Steps, one by one. He also includes chapters on topics of real concern to overeaters--"abstinence," fear, anger, depression, relationships, money, and switching compulsions. If we are

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thin, we are not necessarily well, he says, but if we are well--that is, if we feel good about ourselves and like ourselves--we will be thin. We cannot abuse our bodies with too much food if we have respect for ourselves. May Compulsive Overeater, long awaited by those who struggle ceaselessly with the twin problems of overeating and being overweight, guide others to the same weight-loss successes Bill B. has found.

The Twelve Steps and Twelve Traditions of Overeaters Anonymous

□ Say what you mean, but don't say it mean. □ 12-Step aphorism From the author of *My Brain Is Hanging Upside Down*, a new graphic memoir brimming with black humor, which explores the ultimate irony: the author's addiction to 12-Step programs. David Heatley had an unquestionably troubled and eccentric childhood: father a sexually repressed alcoholic, mother an overworked compulsive overeater. Then David's parents enter the world of 12-step programs and find a sense of support and community. It seems to help. David, meanwhile, grows up struggling with his own troublesome sexual urges and seeking some way to make sense of it all. Eventually he starts attending meetings too. Alcoholics Anonymous. Overeaters Anonymous. Debtors Anonymous. Sex and Love Addicts Anonymous. More and more meetings. Meetings for issues he doesn't have. With stark, sharply drawn art and unflinching honesty, David Heatley explores the strange and touching relationships he develops, and the truths about himself and his family he is forced to confront, while "working" an ever-increasing number of programs. The result is a complicated, unsettling, and hilarious journey□ of far more than 12 steps.

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The 12-Step Buddhist

The author of the popular Food for Thought takes a fresh, in-depth look at the Twelve Steps of Overeaters Anonymous. The author of the popular Food for Thought takes a fresh, in-depth look at the Twelve Steps of Overeaters Anonymous. Each chapter carefully examines and interprets each of the individual Steps.

Peoples Anonymous

How many of us have felt like Phillip Z? He has a staunch belief in the Twelve Steps, yet struggles with the concept of a Higher Power.

In A Skeptic's Guide to the 12 Steps, the author investigates each of the Twelve Steps to gain a deeper understanding of a higher power. He examines what may seem like ""unsettling"" concepts to us including surrendering one's will and life to God, and he encourages us to understand the spiritual journey of recovery despite our skepticism.

Chemically Dependent Anonymous

Welcome to Peoples Anonymous. Herein lies one of the most profound spiritual healing recipes ever entrusted to the human race. This Twelve-Step technology has the capacity to heal your life beyond anything you may have previously imagined. By applying the Twelve Steps to your life, you will: Rediscover your authentic self; Clear away the wreckage of your past; Enjoy a new sense of freedom and purpose; Begin to live more fully in the present; Awaken to a life of joy,

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service and moments of bliss. Millions are currently living happy, joyous, and free by simply applying this program to their daily lives. We consider the twelve-step recipe outlined in this book to be the spiritual alchemy of the 21st Century. It transforms the lives of those, who are willing to follow the directions precisely, into gold. Finally, a users manual for the human race. Peoples Anonymous provides a 12 Step approach to life and recovery (from all kinds of conditions) that is accessible to everyone. In fact, its better to use the Peoples Anonymous Big Book if youve never had an addiction. What you will discover is a deeper understanding of how to connect your authentic values with your actions. Which makes for a healthier life. Pick it up and start reading it. Now. Dr. Bruce F. Singer, Psy.D. Peoples Anonymous has finally brought the beautiful 12 Step way of life and healing Power to the rest of the world. Father Mike Falls

Compulsive Overeater

The face of addiction and alcoholism is a face that many have seen before -- it may be a celebrity, a colleague, or even a family member. And though the 12-step program by itself can often bring initial success, many addicts find themselves relapsing back into old ways and old patterns, or replacing one addiction with another. Author Darren Littlejohn has been there and back, and presents a complimentary guide for recovery to the traditional twelve-step program, out of his own struggles and successes through the study of Zen and Tibetan Buddhism. Working with the traditional 12-Step philosophy, the author first shares his own life path, and how he came to find the spiritual solace that has greatly enhanced his life in recovery. Then, he details out how his work integrating Buddhism into the traditional twelve-step programs

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validates both aspects of the recovery process. While being careful not to present himself as a Tibetan lama or Zen master, the author shows how each step -- such as admitting there is a problem, seeking help, engaging in a thorough self-examination, making amends for harm done, and helping other drug addicts who want to recover -- fits into the Bodhisattva path. This integration makes Buddhism accessible for addicts, and the 12 Steps understandable for Buddhists who may otherwise be at a loss to help those in need. The 12-Step Buddhist is designed to be a complimentary practice to the traditional 12-step journey, not a replacement. While traditional twelve-step programs help addicts become sober by removing the drug of choice and providing a spiritual path, they rarely delve deep into what causes people to suffer in the first place. The integration of Buddhism with the traditional process provides the wisdom and meditations that can help addicts truly find a deep, spiritual liberation from all causes and conditions of suffering -- for good.

The Twelve Steps and the Sacraments

"The feeling was electric-energy humming through my body. I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time. It was relieving and healing, subtler than the feeling from getting off on drugs, but it was detectable and lovely, and of course, there was no hangover, just a feeling of more ease than I could remember. I felt a warmth come over me similar to what I felt when I had done heroin, but far from the darkness of that insanity, this was pure light-a way through." - Tommy Rosen, on his first yoga experience Most of us deal with addiction in some form. While you may not be a fall-down drunk, anorexic, or a

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gambling addict, you likely struggle with addiction in other ways. Workaholism, overeating, and compulsively engaging with technology like video games, texting, and Facebook are also highly common examples. And if you don't suffer from addiction, chances are you know someone who does. Through more than 20 years of recovery and in working professionally with others, Tommy Rosen has uncovered core elements of recovery and healing, what he refers to as Recovery 2.0. In the book, he shares his own past struggles with addiction, and powerful, tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery. Building off the key tenets of the 12-Step program, he has developed an innovative approach that includes

- Looking at the roots of addiction; your family history and "Addiction Story"
- Daily breathing practices, meditation, yoga, and body awareness
- A healthy, alkaline-based diet to aid with detox, boost immunity, increase vitality, support your entire recovery, and help prevent relapse
- Discovering your mission, living on purpose, and being of service to others

Recovery 2.0 will help readers not only release their addictions, but thrive in their recovery.

The Little Red Book

Jim A. shares the strength of recovering people and the OA fellowship.

Food Junkies

Twelve Steps and Twelve Traditions Trade Edition

Designed as an aid for the study of the book, Alcoholics

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Anonymous, The Little Red Book contains many helpful topics for discussion meetings. This is the original study guide to the Big Book, Alcoholics Anonymous. Filled with practical information for those first days of sober living, this little book: offers newcomers advice about the program, how long it takes, and what to look for in a sponsorprovides in-depth discussions of each of the Twelve Steps and related character defectsposes common questions about AA and helping others, identifying where to find answers in the Big Bookfeatures non-sexist language.

Twelve Steps For Overeaters

This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Why can't I stop eating? If, like millions of others, you often ask yourself this question, you may be addicted to food. The food you eat may be precisely what makes you crave moreand more. This straight-talking book puts the widespread problem of food addiction into clear perspective and points the way to a life free of the obsession with food. Debbie Danowski, whose food addiction nearly ruined her life, and Peter Lazaro combine forces to give readers a full understanding of this debilitating condition: its sources, patterns, consequences, and physiological underpinnings. Unlike fad diets and drugs with their side effects, hidden costs, and infamous failure rates, the program outlined in this book goes to the root cause of chronic overeating and puts the tools for a lifelong cure into the hands of anyone willing to accept responsibility for a healthy, happy future.

Big Book Study Guide

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Drawing on her experience in addictions treatment, and many personal stories of recovery, Dr. Vera Tarman offers practical advice for people struggling with problems of overeating, binge eating, anorexia, and bulimia. Food Junkies, now in its second edition, is a friendly and informative guide on the road to food serenity.

The Twelve-Step Workbook of Overeaters

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Alcoholics Anonymous (also known as the Big Book in recovery circles) sets forth cornerstone concepts of recovery from alcoholism and tells the stories of men and women who have overcome the disease. The fourth edition includes twenty-four new stories that provide contemporary sharing for newcomers seeking recovery from alcoholism in A.A. during the early years of the 21st century. Sixteen stories are retained from the third edition, including the "Pioneers of A.A." section, which helps the reader remain linked to A.A.'s historic roots, and shows how early members applied this simple but profound program that helps alcoholics get sober today. Approximately 21 million copies of the first three editions of "Alcoholics Anonymous" have been distributed. It is expected that the new fourth edition will play its part in passing on A.A.'s basic message of recovery. This fourth edition has been approved by the General Service Conference of Alcoholics Anonymous, in the hope that many more may be led toward recovery by reading its explanation of the A.A. program and its varied examples of personal experiences which demonstrate that the A.A. program works.

A Gentle Path Through the Twelve Steps

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RECOVERY 2.0

Merging Buddhist mindfulness practices with the Twelve Step program, this updated edition of the bestselling recovery guide *One Breath at a Time* will inspire and enlighten you to live a better, healthier life. Many in recovery turn to the Twelve Steps to overcome their addictions, but struggle with the spiritual program. But what they might not realize is that Buddhist teachings are intrinsically intertwined with the lessons of the Twelve Steps, and offer time-tested methods for addressing the challenges of sobriety. In what is considered the cornerstone of the most significant recovery movement of the 21st century, Kevin Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. With a new foreword by William Alexander, the author of *Ordinary Recovery*, *One Breath at a Time* takes you on a journey through the Steps, examining critical ideas like Powerlessness, Higher Power, and Moral Inventory 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 presents techniques and meditations for finding clarity and awareness in your life, just as it has for thousands of addicts and alcoholics.

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