

Download One Breath At A Time Buddhism And The Twelve Steps

ENDORSEMENTS. “‘One Breath at a Time’ is a brilliant merging of Buddhist insights with those of the Twelve step program, shining a fresh new light on both of these paths of liberation. Griffin weaves the essential teachings of the two psycho-spiritual traditions together with his own story to create a compelling mixture of humor, pathos and wisdom. This item: One Breath at a Time: Buddhism and the Twelve Steps by Kevin Griffin Paperback \$13.96 Only 1 left in stock - order soon. Ships from and sold by COLOSSAL BOOKS. Kevin Griffin is the author of One Breath at a Time: Buddhism and the Twelve Steps, the breakthrough book that established him as a leader in the mindful recovery movement. Since its publication, Kevin has toured extensively, giving workshops and lectures at places as diverse as Harlem, the Colorado Rockies, and Hawaii. 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.