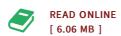




## One Breath at a Time: Buddhism and the Twelve Steps (Paperback)

By Kevin Griffin

Rodale Books,US, United States, 2018. Paperback. Condition: New. Reissue. Language: English. Brand New Book. Drug abuse, particularly opioid addiction, is more of a public health problem than ever before - so much so that in March 2018, the American College of Physicians will recommend that substance abuse disorders be treated as a chronic medical condition. They urge physicians to become more fa miliar with addiction, and as the epidemic rises, health professionals of all kinds are looking for alternative means of healing to treat those in need. With its powerful and spiritual view on recovery, One Breath at a Time is more relevant now than ever before. Since its initial publication in 2004, the book has sold steadily - it s netted more than 62,000 copies mainly through the author s promotion and busy events and workshop schedule. The revised edition will include a new conclusion by the author describing how the book has been a cornerstone of his teachings over the past years and a new foreword by a contributor. In One Breath at a Time, Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. He...



## Reviews

The book is great and fantastic. it had been writtern extremely perfectly and valuable. I am very happy to let you know that here is the finest pdf i have read through within my own life and can be he very best book for actually.

-- Miss Rossie Fay

A brand new e book with an all new standpoint. it was actually writtern very properly and beneficial. I am just very easily will get a satisfaction of studying a composed publication.

-- Esperanza Pollich