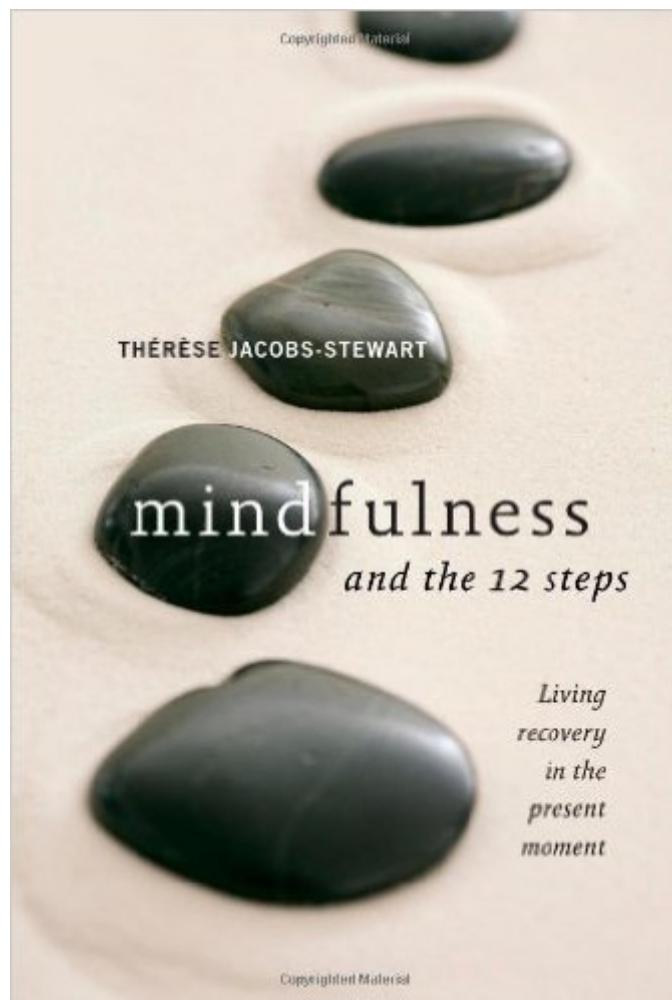


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# Mindfulness And The 12 Steps: Living Recovery In The Present Moment



## **Synopsis**

For those of us in recovery, Mindfulness and the 12 Steps offers a fresh approach to developing our own spiritual path through the Buddhist practice of mindfulness, or bringing one's awareness to focus on the present moment. We can revisit each of the Twelve Steps, exploring the interplay of ideas between mindfulness and Twelve Step traditions--from the idea of living "one day at a time" to the emphasis on prayer and meditation--and learn to incorporate mindfulness into our path toward lifelong sobriety. Through reflections, questions for inquiry, and stories from Buddhist teachers and others who practice mindfulness in recovery, Mindfulness and the 12 Steps will help us awaken new thinking and insights into what it means to live fully--body, mind, and spirit--in the here and now.

## **Book Information**

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## **Customer Reviews**

For those of us who are baffled by the notion of a personal relationship with a God of our understanding, and all the attendant superstitions which would put us individually at the center of a universe in which the deity gives us direct intervention and guidance, this is the perfect book. Many have complained that 12 step recovery programs are shame driven and while stating emphatically that they have no opinion on outside issues, find plenty of patronizing if not down-right disparaging things to say about non-Judeo-Christian-believers and scientists who contemplate the universe and the atom. I have long been disappointed with the idea which recurs throughout the 12 steps and the 12 traditions, that spirituality is contingent on believing in this personal relationship with a God of our understanding, which even Catholics will see as a Protestant idea, and that if you fail to get that you will suffer and die. It actually says it in Tradition 1, just to set the tone right from the get go. Some of

us have had to make do with inanimate manifestations of the power of nature, or the fellowship, as a temporary higher power, faking it till we make it. Then I discovered Buddhism which not only states it has no opinions on outside metaphysical speculations one way or the other, but also replaces notions of shame and confession with the bigger sky of opportunity based on behavior modification, and an unending contemplation of loving-kindness and compassion not just to others, but to our own "character defects.

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