

Download One Breath At A Time Buddhism And The Twelve Steps

One Breath at a Time: Buddhism and the Twelve Steps and millions of other books are available for instant access. [view Kindle eBook](#) | [view Audible audiobook](#) Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. **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. 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. Kevin Griffin is the author of One Breath at a Time, Recovering Joy, and A Burning Desire. A longtime Buddhist practitioner and Twelve Step participant, he is a leader in the mindful recovery movement and one of the founders of the Buddhist Recovery Network. Griffin teaches nationally in Buddhist centers, treatment centers, and academic settings.