

The 12 Step Buddhist Enhance Recovery From Any Addiction Darren Littlejohn

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The 12 Step Buddhist Enhance

The 12 Steps in the book are reinterpreted as dealing with work on the following principles at each step: (1) Acceptance of the problem; (2) Confidence in a Higher Power; (3) Surrender to your Higher Power (Littlejohn leaves it open so that your ideal could be a set of moral standards, communion with other people, or a mindful state of consciousness, or what have you); (4) Self-examination regarding the wrongs you have done because of your problem; (5) Self-honesty in confession of ...

The 12-Step Buddhist: Enhance Recovery from Any Addiction ...

The 12-Step Buddhist does an excellent job identifying many aspects of recovery, including issues that arise spirituality in the 12 steps that Littlejohn demonstrates drawing on his own personal experiences. More importantly, Littlejohn emphasizes the importance of following the 12-Steps, incorporating both the Steps and the practice of Buddhism to stay healthy in recovery and find peace within yourself and your environment.

The 12-Step Buddhist: Enhance Recovery from Any Addiction ...

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 12-Step Buddhist : Enhance Recovery from Any Addiction ...

The 12 Steps through Buddhism Practice acceptance: You can't control certain things in your life. You lose a lot of energy trying to change things... Develop confidence: Life can be unstable and doesn't provide a guarantee of anything. When you have faith and... Create a place of refuge: It starts ...

The 12 Steps through Buddhism | Recovery Connection

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...

The 12-Step Buddhist: Enhance Recovery from Any Addiction ...

The 12-Step Buddhist will enhance any program that you are currently working, or it will help you completely develop your own so that one day you may help others. I am working at developing my own. I have been told this by some of the people at my AA tables as well as other materials I have read, including this one.

The 12-Step Buddhist: Enhance Recovery... book by Darren ...

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Amazon.com: Customer reviews: The 12-Step Buddhist ...

Buddhist Twelve Steps. In order to make it easier for Buddhists to follow the 12 Steps, some members have offered a reworded version of the program that better reflects a non-theist perspective. The Buddhist 12 Steps are: * We admitted our addictive craving over alcohol, and recognized its consequences in our lives. (Step 1)

Buddhist 12 Steps - Alcoholrehab.com

This series includes talks about the 12 Steps and Buddhism. Many of the talks are by Judith Ragir. Others are by individuals who participated in, or who co-led, retreats on the 12 Steps and Buddhism that Judith organized. These talks are also available from the Internet Archive and as a podcast through iTunes or Google Play.

Into the 12 Steps of Recovery – Buddhist Recovery

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The 12 Steps and Buddhism Archives - White Lotus Judith Ragir

The "12-Step Buddhist" emphasizes that it is important to develop a strong spiritual foundation for any attempt at recovery to be successful, and points out that addicts who are resistant to the customary system because they don't believe in God are forced to adapt or make do in order to find support.

"The 12-Step Buddhist: Enhance Recovery from Any Addiction ...

The 12-Step Buddhist Enhance Recovery from Any Addiction Updated & Expanded 10 th Anniversary Edition by Darren Littlejohn 400 P ages . I was so happy to receive this book. I was well acquainted with the original edition, as my son's father, a long-time Buddhist practitioner in the Tibetan tradition and AA guru had it on his shelf the last time I visited him in Florida, and I remember reading parts of it and being overall impressed with Darren Littlejohn's synthesis of 12-Step dogma and ...

Sober Pagan Reviews – The 12-Step Buddhist: Enhance ...

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The 12-Step Buddhist: Enhance Recovery from Any Addiction ...

Darren Littlejohns, standing on the shoulders of many giants both in the field of Buddhism and addiction recovery, has offered us The 12 Step Buddhist, a raw and visceral account of his attempts to integrate Buddhism into his own recovery. The 12 Step Buddhist stands as a street level, no-nonsense guide to bringing the wisdom of Buddhism into the everyday life of the recovering addict. Littlejohn eschews intellectualization and abstraction in favor of practicality, grit, and hard-won ...

Book Review of The 12-Step Buddhist : Buddhist Recovery ...

The 12-step Buddhist : enhance recovery from any addiction. [Darren Littlejohn] -- The author describes how he combined the study of Zen and Tibetan Buddhism with the traditional 12-step program to end addiction.

The 12-step Buddhist : enhance recovery from any addiction ...

Buddhism & The Twelve Steps is a workbook for people in recovery from addiction of any kind. The book is based on the 12 Steps, intertwining recovery ideas with the Buddhist teachings. Mindfulness is ... More

Books similar to The 12-Step Buddhist: Enhance Recovery ...

For this reason I always recommend therapy, 12-Step work and deep meditation practices to facilitate healing. One technique that I use in my workshops and weekly groups (gleaned from Genpo Roshi's Big Mind work) where we speak to and as these aspects. See the 12-Step Buddhist and my previous Huff Po posts for details on how this works for addicts.

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