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Refuge Recovery: A Buddhist Path To Recovering From Addiction



Synopsis

Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addictionâ "an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

Book Information

Paperback: 288 pages

Publisher: HarperOne; F First Edition edition (June 10, 2014)

Language: English

ISBN-10: 0062122843

ISBN-13: 978-0062122841

Product Dimensions: 5.5 x 0.7 x 8.2 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

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Best Sellers Rank: #9,857 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #27 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #37 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

In one word: Brilliant. I work as a therapist in a treatment center. We treat 400-500 alcoholics and addicts each year. Many people resist the Judeo-Christian themes in 12 step work. For those people, there are few viable alternative recovery roads. Noah has illuminated for all suffering addicts the Buddhist path as a road to sustained recovery from addictions. He does an excellent job

highlighting the truth of addiction, solid and deep inventory to explore, the necessity of abstinence in order to recover, the actions and practices (the path) one can take to contented long term sobriety, and the joy of fellowship and mentorship to sustain us as we travel the recovery and dharma road. Refuge Recovery can serve the purpose of helping newcomers get on the road to recovery, as well as benefit those who have been in recovery for some time but who may have gotten a bad case of so-dryety over the years, and now can re-discover contented sobriety through this powerful pathway. Refuge Recovery seems well suited to those who want to do 12 step programs AND Buddhist recovery/Refuge Recovery - as well as those seeking a different path to recovery than currently dominate the recovery world. There are many wonderful books that create a bridge between meditation, Buddhism and the 12 steps. What has lacked to date is the equivalent of a 'Big Book' for recovering people open to Buddhist philosophy and teachings. This book is a great 'Big Book' for the 21st century - keeping the best of what is offered in 12 step philosophy - while removing antiquated aspects and language. Refuge Recovery is a complete recovery program, which if followed, can and has brought about complete recovery from addictions of all kinds.

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