

Kevin Griffin is the author of the seminal 2004 book *One Breath at a Time: Buddhism and the Twelve Steps* and the recent *A Burning Desire: Dharma God and the Path of Recovery*. He has been practicing Buddhist meditation for three decades and been in recovery since 1985. He's been a meditation teacher for fifteen years. His teacher training was at Spirit Rock Meditation Center where he currently leads Dharma and Recovery classes.

Kevin teaches nationally in Buddhist centers, treatment centers, professional conferences, and academic settings. He has worked as a consultant on NIH studies of mindfulness and taught meditation in prisons and homeless shelters. He specializes in helping people in recovery connect with meditation and a progressive understanding of the 12 Steps. His events range from evening classes, to daylong workshops, and residential retreats.

For more information, see [www.kevingriffin.net](http://www.kevingriffin.net).