

LIBRARY JOURNAL REVIEW

This book finds its origin in insights so transparent that it comes as a shock to realize that it seems to be the first of its kind. Griffin, a meditation teacher for almost 20 years, writes with affecting simplicity and candor about his own progress through the Twelve Steps of the recovery from addiction and their connections to the meditation practices and insights of the Theravada School of Buddhism. His book is personal rather than academic, but the case implicitly made for the mutual reinforcement of Buddhism's awareness and nonattachment as well as the Twelve Steps' commitment to self-awareness and personal responsibility is powerful and affecting. For most collections. Copyright 2004 Reed Business Information.