

Mandala Magazine
A Tibetan Buddhist Journal
BOOK REVIEW
June/July 2004

What would the Buddha say to an alcoholic? What do the Twelve Steps have to do with the Eightfold Path? The author is a Buddhist meditation teacher and recovering alcoholic/addict: he examines critical Twelve Step ideas like powerlessness, higher power, and moral inventory through a Buddhist lens. He offers a vision of a higher power not tied to traditional Judeo-Christian concepts.