

## Shambhala Sun

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In *One Breath at a Time* Kevin Griffin investigates sobriety and mindfulness as complementary practices. The method of sobriety is the 12 Steps of Alcoholics Anonymous; the methods of mindfulness are the techniques of the Vipassana tradition in which Griffin trained. Structured around the "working" of the 12 Steps, *One Breath at a Time* is one part memoir, one part AA guidebook and one part meditation handbook. People in recovery might appreciate learning how a Buddhist brings a non-theistic understanding to the practice of the 12 Steps. (How, for example, does one get comfortable with surrendering to a "higher power"?) While not everyone must practice the Steps, Griffin says that we can all benefit from the: "The Buddha said that the cause of suffering is desire, and the 12 Steps try to heal people from desire gone mad: addiction."

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