

Review

In *One Breath At A Time: Buddhism and the Twelve Steps*, Kevin Griffin offers you two great treasures: a compelling story of personal transformation and a model for developing your own path to the transformative experience. You don't need to be interested in addiction/recovery or Buddhism to benefit from reading this book.

His personal story of drug and alcohol abuse, recovery, and spiritual growth is worth the read just for itself. But there is much more to this book.

Griffin shows a way to examine your own experience -- of whatever kind -- honestly and thoughtfully. How to peel away the layers of emotional content that are just unthinking reactions. That obscure the view of your actions and the thought processes that support them. So that you will be able to make judgements with awareness and choices with clarity.

He shows you how to overcome the fear of finding your own truths.

There is a great deal here for anyone struggling with self-change. The author seamlessly blends the parallel contexts of the Christian-oriented 12 Step (AA) Program and Buddhist practice into a unified path of self-healing. His blend gives a practical lesson in non-duality. His experience is a testimony to the idea that the stresses we resist (which resistance causes much pain) are largely illusions. It shows how we can stop struggling, just do what we know we need to do and the pieces of life's puzzle will start finding their places.

And his long journey reminds us that the path of personal growth is a short one -- you only need to follow it until you die.