

into the Steps of Recovery Buddhist Recovery A Buddhist s Insight into the Steps of Recovery A Short Introductory Note Our successful recovery in any Step program deeply depends on our making a spiritual practice an intimate part of our daily lives. Refuge Recovery A Buddhist Path to Recovering from Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha s Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction an indispensable alternative to the step program. Tara Mandala International Buddhist Community International Buddhist Community This work particularly Feeding Your Demons is as significant for the st Century as AA and step programs was for the th Century. 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