



# 12 Steps on Buddha's Path: Bill, Buddha, and We

*Laura S.*

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# 12 Steps on Buddha's Path: Bill, Buddha, and We

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**12 Steps on Buddha's Path: Bill, Buddha, and We** Laura S.

*12 Steps on Buddha's Path* is an inspiring firsthand account of what happens when life seems hopeless and the miracle of finding out that it's anything but.

The author describes her own journey of recovery from alcoholism - an astonishing passage through strange and frightening territory - and marks out the path that allowed her to emerge from that darkness as a wise and compassionate person living a life that is joyous and free. This book is a powerful and enriching synthesis of the 12-Step recovery programs and the Noble Eightfold Path of Buddhism. It is sure to appeal to anyone touched by addiction, including those looking for new ways to understand and work with the tried-and-true 12-Step system. Tens of millions of Americans suffer from alcoholism and other forms of dependence, and *12 Steps on Buddha's Path* offers hope and help for any one of them.

Though writing anonymously out of deep respect for 12-Step policies, the author is in fact a well-known professional author, deeply involved in the recovery and meditation communities.

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