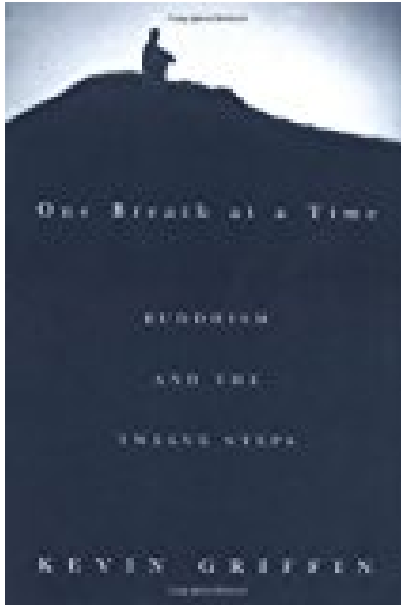


One Breath at a Time Buddhism and the Twelve Steps



BOOK DETAILS

- Author : Kevin Griffin
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BOOK SYNOPSIS

Integrates the tenets of Buddhism with the Twelve Step tradition to assist individuals seeking recovery through an alternative form of spirituality that helps readers find calm, clarity, and spiritual meaning for their lives. Original. 25,000 first printing.

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