

# REFUGE RECOVERY: A BUDDHIST PATH TO RECOVERING FROM ADDICTION

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 12-step program. While many desperately need the help of the 12-step...



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### Refuge Recovery: A Buddhist Path to Recovering from Addiction

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| Author               | Noah Levine                |
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## Peek Inside the Book

We must do away with any shred of denial, minimization, justification, or rationalization. To recover, we must completely and totally understand and accept the truth that addiction creates suffering. Noah Levine, Refuge Recovery: A Buddhist Path to Recovering from Addiction //

## Reader's Opinions

As others have noted, this book is a little simplistic and pedantic, but it very importantly puts responsibility and power for recovery squarely on the addict and not on some "higher power" or "god." Unlike AA, which says you cannot do this without "god's" intervention, Refuge Recovery empowers...

If you are looking for an alternative to 12 Step Recovery Programs or an additional tool for your tool kit, Refuge Recovery offers some pretty solid ground upon which to build recovery. With a very serious foundation in meditation practice offering many excellent meditation options and practices, Refuge Recovery offers some excellent...