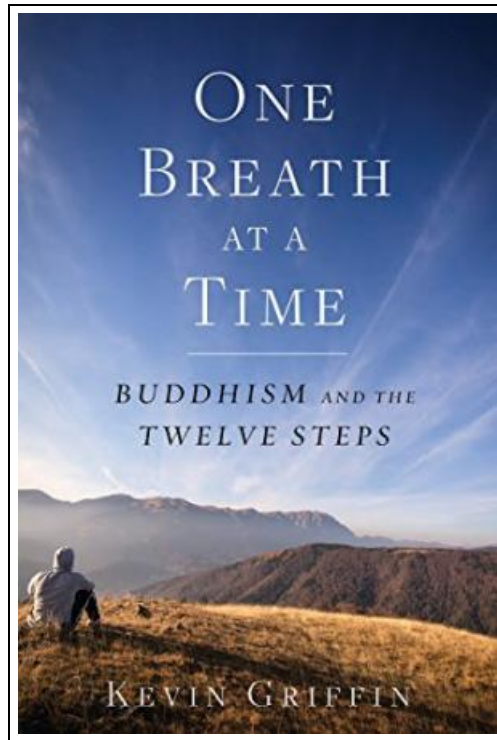


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Rodale Books,US, United States, 2018. Paperback. Condition: New. Reissue. Language: English . Brand New Book. Drug abuse, particularly opioid addiction, is more of a public health problem than ever before - so much so that in March 2018, the American College of Physicians will recommend that substance abuse disorders be treated as a chronic medical condition. They urge physicians to become more familiar with addiction, and as the epidemic rises, health professionals of all kinds are looking for alternative means of healing to treat those in need. With its powerful and spiritual view on recovery, One Breath at a Time is more relevant now than ever before. Since its initial publication in 2004, the book has sold steadily - it's netted more than 62,000 copies mainly through the author's promotion and busy events and workshop schedule. The revised edition will include a new conclusion by the author describing how the book has been a cornerstone of his teachings over the past years and a new foreword by a contributor. In One Breath at a Time, Griffin shares his own extraordinary journey to sobriety and how he integrated the Twelve Steps of recovery with Buddhist mindfulness practices. He examines each step and how it relates to Buddhist teachings and presents techniques for finding clarity and awareness. One Breath at a Time describes the convergence of two vital traditions - one ancient, the other contemporary - and shows how they work together to create a rich spiritual path.

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