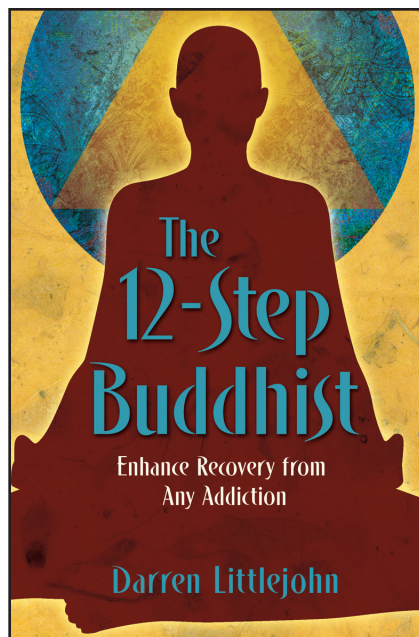


The 12-Step Buddhist

by
Darren Littlejohn



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Connecting mainstream recovery to spirituality

The face of addiction and alcoholism is a face that many have seen before—a celebrity, a colleague, or even a family member—and the damages from addictive behaviors ruin lives and rend families apart. Yet there is hope, even for those who haven't found long-term success in traditional twelve-step programs. By approaching addiction at its source, author Darren Littlejohn brings about a deep healing in *The 12-Step Buddhist*, a book that bridges mainstream recovery and spiritual understanding.

It may seem unusual to approach a mainstream recovery program with a distinctly Judeo-Christian background from the perspective of Buddhist philosophy. However, from a Buddhist perspective, there's no reason why the two methods should be incompatible; all individuals suffer from attachment—whether it's clinging to unhealthy ways of thinking or the more obvious struggle with addictive behaviors and substances.

Working within the 12-step philosophy, *The 12-Step Buddhist* incorporates exercises, meditations, and inner dialogues that validate all aspects of the recovery process. Littlejohn's approach makes Buddhism accessible for addicts, and the twelve steps understandable to anyone, without the Christian emphasis of traditional 12-step programs that make many addicts uncomfortable. *The 12-Step Buddhist* also addresses why addicts struggle with relapses, and how they can address the deepest aspects of themselves to find healing and wholeness.

The 12-Step Buddhist is designed to be a complimentary practice to the traditional 12-step journey by providing wisdom and meditations that can help addicts truly find a deep, spiritual liberation from all causes and conditions of suffering—for good.

About the Author

As a recovering addict and current student of Tibetan and Zen Buddhism, Darren Littlejohn has an AA in Behavior Science and a BA in Psychology, as well as extensive graduate-level coursework. He is well versed in community action, event planning, and marketing, both online and off. For more information, visit his website at www.the12stepbuddhist.com.

