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# Refuge Recovery: A Buddhist Path To Recovering From Addiction



## Synopsis

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 recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

## Book Information

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## Customer Reviews

"The wisdom, lucidity and generous spirit of Refuge Recovery are a valuable first step on the lifelong journey of sobriety. . . . wise, humane and well-written." ---Shelf Awareness --This text refers to the Audio CD edition.

Refuge Recovery is a proven practice, a process, a set of tools, a treatment, and a path to healing addiction. Refuge Recovery is a Buddhist-oriented, nontheistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. In fact, no previous experience or knowledge of Buddhism is required. Recovery is possible, and this book provides a systematic approach to treating and recovering from all forms of addictions. When sincerely practiced, the program will ensure a full recovery from addiction and a lifelong sense of well-being and happiness.

In one word: Brilliant. I work as a therapist in a treatment center. We treat 400-500 alcoholics and addicts each year. Many people resist the Judeo-Christian themes in 12 step work. For those people, there are few viable alternative recovery roads. Noah has illuminated for all suffering addicts the Buddhist path as a road to sustained recovery from addictions. He does an excellent job highlighting the truth of addiction, solid and deep inventory to explore, the necessity of abstinence in order to recover, the actions and practices (the path) one can take to contented long term sobriety, and the joy of fellowship and mentorship to sustain us as we travel the recovery and dharma road. Refuge Recovery can serve the purpose of helping newcomers get on the road to recovery, as well as benefit those who have been in recovery for some time but who may have gotten a bad case of so-dryety over the years, and now can re-discover contented sobriety through this powerful pathway. Refuge Recovery seems well suited to those who want to do 12 step programs AND Buddhist recovery/Refuge Recovery - as well as those seeking a different path to recovery than currently dominate the recovery world. There are many wonderful books that create a bridge between meditation, Buddhism and the 12 steps. What has lacked to date is the equivalent of a 'Big Book' for recovering people open to Buddhist philosophy and teachings. This book is a great 'Big Book' for the 21st century - keeping the best of what is offered in 12 step philosophy - while removing antiquated aspects and language. Refuge Recovery is a complete recovery program, which if followed, can and has brought about complete recovery from addictions of all kinds. This path laid out in this book provides a way of living that will be compatible for those seeking a non-theistic way of walking the spiritual road of recovery. As an addiction treatment professional, I have extreme gratitude for Noah's efforts, as well as for those who share their stories in the back of this wonderful book. I hope the treatment community embraces this powerful movement. May Refuge Recovery grow and flourish, for the benefit of all beings.

Great book that I constantly find myself applying the lessons from. Not a day goes by where I do not

use something from this book. This book, Refuge Recovery meetings and a mindfulness practice are major part of my foundation. As many have noted, it is a wonderful compliment to a 12 Step Program but robust enough to stand alone if that is what the individual desires. It is extremely flexible. In my area, Refuge Recovery is growing rapidly and I do feel that this book/program is tailor made for the issues we face in today's world. This book has lots of info on focusing on the inner self as to be expected. It deals with trauma and pain and how to let go of it. It also never demands perfection. You don't have to be a Buddhist monk to find value from it (not that you won't find value if you are a monk or serious/advanced practitioner). The more we learn about addiction, the more we learn about its routes in pain, trauma, suffering and guilt and shame. The disease festers in these areas. It's extremely easy to understand and easy to grasp. Like the 12 Steps, it requires work, tough introspection and moments of being uncomfortable. I find it very much helps with all the "life stuff" that happens once we put the substances down. So many addicts/alcoholics find that they face new and possibly completely unexpected behaviors as a result of getting clean. This book is great for somebody that is seriously contemplating if they have an addiction issue as well as for someone with 25 years of recovery that finds themselves feeling stuck in a rut or is just seeking growth.

Phenomenal book and approach to recovery! The book is very well written and easily read by someone who knew very little about Buddhism. For those of you curious about other views of recovery besides 12-step programs, READ THIS BOOK! This approach to recovery is a super complement to 12-step programs, adding depth and meaning to my individual path. Highly recommended.

Beyond the quality of Noah's written expression and his verbal presentation skills on YouTube, the book demonstrates his exemplary skills in organizing diverse material into a brilliantly conceived systematic approach to recovery. Noah's delineation of "process addiction" is trailblazing and the Refuge Recovery approach, synthesizing AA, the 4 Noble Truths and the 8fold Path are exquisitely integrated.

Just started reading this. It seems pretty moving already. Glad we bought it. I think everyone could benefit from a book like this. I've read other books on the subject but this approach is much easier to focus on and very welcoming. The book arrived in great shape and quickly. The seller seems really cool too and included a nice note. Thanks

A superb tool for "getting better", whether what people refer to as addiction is troubling you, or something else. The simple, core teachings of the Buddha are presented here in ways that are immediately beneficial, and more importantly, open a path toward "getting better", toward alleviating your suffering, and the suffering of others, toward freedom from repetitive patterns that keep you stuck in whatever suffering you may be experiencing. This book is the first edition of Refuge Recovery, and was published because of how sorely and urgently it is needed. I look forward to future editions as the Refuge Recovery movement grows, evolves, and sprouts Community and communities around the globe.

In just a few pages my whole world opened, so much became obvious. Big issues became small ones. And most of all, knowing I am walking in the same steps as the greatest of our humanity grounds and steadies me. A huge thank you to Noah Levine for putting Refuge Recovery out there in such a well communicated way. I am sending it to the head of our local 'Adult system of care'.

BRAVO

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