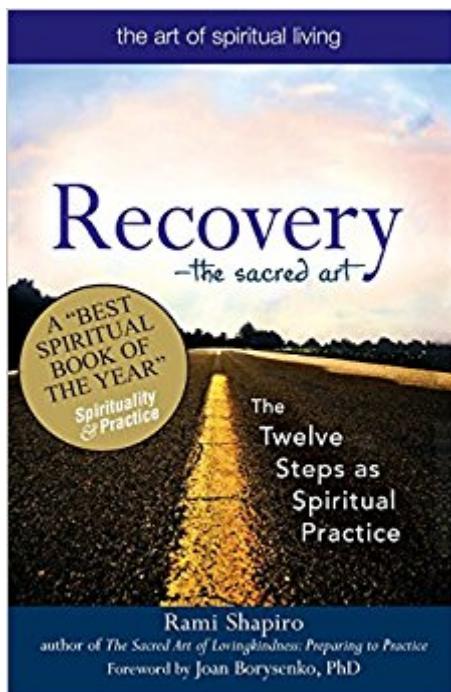


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# Recovery—The Sacred Art: The Twelve Steps As Spiritual Practice (The Art Of Spiritual Living)



## Synopsis

Deepen Your Capacity to Live Free from Addiction—And from Self and Selfishness"Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors. Twelve Step recovery is about freeing yourself from playing God, and since almost everyone is addicted to this game, Twelve Step recovery is something from which everyone can benefit."From the IntroductionIn this hope-filled approach to spiritual and personal growth, the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God-centered life. This special rendering makes them relevant to those suffering from specific addictions—alcohol, drugs, gambling, food, sex, shopping—as well as the general addictions we wrestle with daily, such as anger, greed, and selfishness.Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings. Drawing on the insights and practices of Christianity, Judaism, Buddhism, Taoism, Hinduism, and Islam, he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system.

## Book Information

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## Customer Reviews

"Full of wisdom, expanding and deepening Twelve Step insight with the author's wide knowledge of world spiritual traditions."Thomas Bien, author, *Mindful Recovery, Finding the*

Center Within and Mindful Therapy"Immensely readable, charming, and profound.Ã¢â€”Ã| Accessible and useful to everyone, not just addicts. Open this book armed with a notebook, pen and highlighter. You will return to Rami's wise words over and over again.&rdquoÃ¢â€”â¢Terry Taylor, author, *A Spirituality for Brokenness: Discovering Your Deepest Self in Difficult Times*Ã¢â€”Ã“An important contribution to the literature on the Twelve Steps. Creatively adapts methods from different religious traditions to make the practice of the Twelve Steps even richer.&rdquoÃ¢â€”â¢Martine Batchelor, author, *Let Go: A Buddhist Guide to Breaking Free of Habits*

Life is inherently unmanageable. Seek to control it and you are captive to exhaustion, depression, and addiction. Learn to navigate it by living with justice, compassion and humility, and you are free. Spiritual leader and Twelve Step practitioner Rami Shapiro explores the Twelve Steps of Alcoholics Anonymous as a spiritual practice to take you to a different level of mind, a mind no longer seeking control of life--relationships, events, and actions. He examines the foundational themes of each step--surrender, acceptance, confession, forgiveness, restoration--as they relate to specific addictions as well as general addictions such as greed, anger, and selfishness. He offers easy-to-follow exercises drawn from Eastern and Western religious traditions to help you deepen your understanding of each step as you learn to embrace powerlessness through: Searching the Ego Confessing Our Wrongs Asking for Freedom Naming the Harmed Making Amends Carrying the Message ...and more

I am so thankful for this book. I am a long-time Buddhist and relatively new to a Twelve-Step program (Al-Anon). I guess anyone who is serious about the 12 steps knows it is a spiritual journey (not tied to any religion) but for me it was challenging to learn to ask a higher power for help. This book has been an insightful guide and I have highlighted so many powerful passages. The author refers to "the core addiction of control" and he says, for instance:"Hitting rock bottom is an experience of the ego. It is the point where the ego, the addicted self clinging to the illusion of control, can no longer maintain that illusion and is surrendered to the reality of powerlessness." Yes, this rings true for me and I suspect for many others practicing the 12 steps who know it is a difficult but tremendously rewarding journey. This book explains each step in its most essential form. It offers much valuable guidance no matter what your religious or non-religious background and takes you deeper into each step than you may have realized on your own.

Shapiro has given us perhaps the best multicultural understanding of the 12 Steps. I am grateful. He wrestles with the paradoxes and seeming contradictions of the process, i.e., I am powerless but I have responsibility and power to 1st., conceive of the God of my understanding, 2nd., I have the power to turn my life over to this God, in intriguing ways. He sheds light on every page and gives voice to many struggling to overcome addictions and alcoholism. Most powerful to me has been his assertion is that the Steps are for all of us in our struggles with control and egocentricity. Paraphrasing closely my favorite line--- when our ego's shatter at rock bottom, rock bottom shatters and we begin a free fall into God. I know this to be true, scary and true, wonderful and true. "Recovery- the spiritual art" is a great read for anyone interested in spiritual growth, written with insights from many of the world's spiritual traditions. Enjoy and be blessed.

I loved this book! I'm sober in AA for 37 years and have read many books about the illness and the recovery. I learned a lot from this book. I definitely recommend it to people in 12-Step programs.

Rami Shapiro is one of the great sages of our time. As he is a rabbi steeped the in the Hasidim, he is a true progressive religious thinker who doesn't disregard tradition out of hand, but transcends orthodoxy from religion to what is relevant ( real ) in the 21st century. If you are recovering from drug and alcohol addiction or like most of us who are on the path of recovery from being human, I highly recommend any of Rabbi Shapiro's books or take a look at his website and blog for it may put you on a spiritual journey that you just want recover from. Andy Kish; Lay Eucharistic minister in the Episcopal diocese of Connecticut, U.S.A.

I was given this book several years ago to read by another recovering addict. It is the reason that I am on the path that I still follow today. If you work or live the 12 Steps, whatever fellowship you attend, do yourself a favor and read it. I can't tell you how many copies I have passed out in my community. One guy asked me if I got a kickback! Game changer for sure

A spiritual boost to my 12-step recovery. The essence? "First of all," I have to "quit playing God." Rabbi Rami's book shows me how to do that with his philosophy, anecdotes and practice exercises for each of the twelve steps. I'm on my third reading and still learning!

Deep Deep and deeper into the world of twelve steps

I've been in Recovery for over 33 years and wish I had heard and understood these perspectives when I began. At this point in my recovery, I couldn't agree more with the points expressed, which I've learned through experience!

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