



The Twelve Steps as a Path to Enlightenment: How the Buddha Works the Steps

Dorena Rode

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The Twelve Steps as a Path to Enlightenment - How the Buddha Works the Steps explains how the spiritual principles embodied in the Twelve Steps parallel the Buddhist teachings for reaching ultimate enlightenment. This book is perfect for Buddhists, atheists, and anyone ready to take their personal growth to the next level. Written by spiritual teacher and life coach, Dorena Rode, this guidebook clearly presents a step by step proven method for increasing joy, making life more meaningful and destroying self-limiting beliefs. The spiritual seeker, whether in recovery or not, finds they can end their specific sufferings (addiction to alcohol, drugs, food, sex, debting, etc) without the need to have a belief in a higher power or God.

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