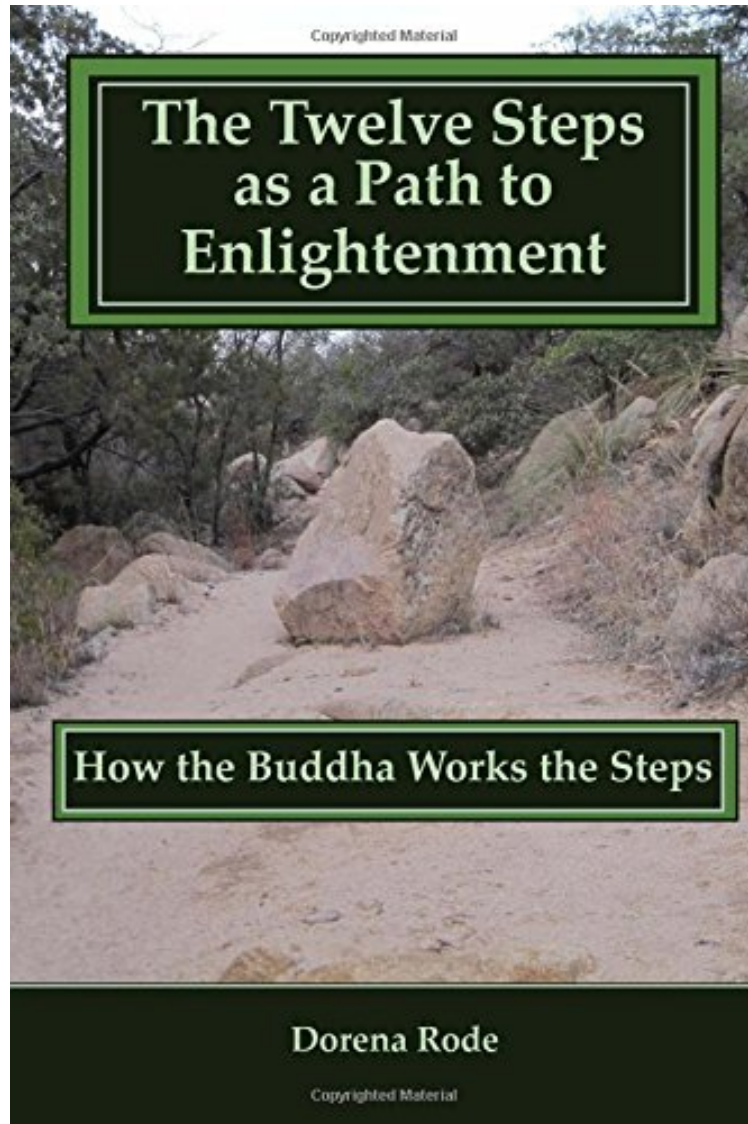


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The Twelve Steps as a Path to Enlightenment: How the Buddha Works the Steps

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.

This book was republished as ISBN/EAN13: 1941894046 / 978-1941894040 Same book, new publisher. Go to this page to purchase: [.com/The-Twelve-Steps-Path-Enlightenment/dp/1941894046](https://www.amazon.com/The-Twelve-Steps-Path-Enlightenment/dp/1941894046) About the Author Dorena Rode's Twelve Step recovery began twenty-three years ago and she is a member of several programs. She studied Buddhism with the Asian Classics Institute and meditation with Master Culadasa of Dharma Treasure. To round things out, she earned a Ph.D. in physiology with an emphasis in alternative medicine from UC Davis. For the past seventeen years she has maintained a regular practice of meditation and internal arts (Chi Gung, Tai Chi, Ba Gua Hsing Yi).