

The Zen Of Recovery Mel Ash

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Mel Ash, using Zen as the spiritual component, adapts the 12 steps of Alcoholics Anonymous and zens it up. It's easy to swallow for me because the emphasis is not singularly recovery from alcoholism but also eating disorders, narcotic addiction,

etc. The reading is gentle and doesn't underestimate or devalue the audience with sterile language.

The Zen of Recovery by Mel Ash - Goodreads

In this compelling blend of East and West, which has sold 53,000 copies, Mel Ash shows how Zen mind and practice connect to the heart of recovery.

The Zen of Recovery - Kindle edition by Ash, Mel. Health

Zen mind connects to the heart of recovery in this compelling blend of East and West. Courageously drawing from his lifetime of experience as an abused child, alcoholic, Zen student, and dharma teacher, author Mel Ash gives listeners a solid grounding in the Twelve Steps and the Eightfold Path and shows their useful similarities for those in recovery.

The Zen Of Recovery Mel

A practical synthesis of AA's Twelve Steps and Zen's Eightfold Path. In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to the heart of recovery.

The Zen of Recovery - Mel Ash - Google Books

In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to the heart of recovery. Courageously drawing from his lifetime of experience as an abused child, alcoholic, Zen student, and dharma teacher, Ash presents a practical synthesis of Alcoholics Anonymous's Twelve Steps and Zen's Eightfold Path.

The Zen of Recovery: Ash, Mel: 9780874777062: Books

Mel Ash is a writer, artist, and teacher/performer with a lifelong interest in transformative experience, cultural change, and consciousness. A former authorized Zen teacher in an Asian tradition, he has taught workshops nationally on Zen, Beat spirituality, and alternative psychology. Present

Mel Ash - Audio Books, Best Sellers, Author Bio | Audible.com

Editions for The Zen of Recovery: 0874777062 (Paperback published in 1993), (Kindle Edition published in 2014), (Kindle Edition published in 2011), (Kind

The Zen of Recovery by Mel Ash: 9780874777062

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Zen of Recovery, Paperback by Ash, Mel, ISBN 0874777062, ISBN-13 9780874777062, Brand New, Free shipping in the US Applies the principles of Zen to the Twelve Step philosophy of recovery, offering inspiration to achieve spiritual fulfillment and peace.

The Zen of Recovery en Apple Books

About The Zen of Recovery. In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to the heart of recovery. Courageously drawing from his own experience as an abused child, alcoholic, Zen student, and dharma teacher, Ash presents a practical synthesis of AA's Twelve Steps and Zen's Eightfold Path.

Editions of The Zen of Recovery by Mel Ash

The Zen of Recovery is the first book that I ever read that drew parallels between Buddhism and recovery. It examines his own journey from abused child to alcoholic and Zen teacher, provides an introduction to Zen and recovery, looks briefly at each of the Twelve Steps, and finishes with a number of personal reflections.

Book Review of The Zen of Recovery : Buddhist Recovery

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The Zen of Recovery. by. Mel Ash, Ferdinand Ash. really liked it 4.00 · Rating details · 212 ratings · 17 reviews. In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to the heart of recovery. Courageously drawing from his own experience as an abused child, alcoholic, Zen student, and dharma teacher, Ash presents a practical synthesis of AA's Twelve Steps and Zen's Eightfold Path.

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In this compelling blend of East and West, Mel Ash shows how Zen mind and practice connect to

Amazon.com: The Zen of Recovery (9780874777062): Ash, Mel

"The Zen of Recovery" is that kind of book. When Mel Ash described how most of us treat our present lives like a cheap motel where we are staying until we move on to something better, I was hooked. He parallels the differences and the many similarities between Zen and 12-step programs.

The Zen of Recovery eBook by Mel Ash - 9781497635425

Read "The Zen of Recovery" by Mel Ash available from Rakuten Kobo. A practical synthesis of AA's Twelve Steps and Zen's Eightfold Path. In this compelling blend of East and West, Mel Ash

Bing: The Zen Of Recovery Mel

Zen mind connects to the heart of recovery in this compelling blend of East and West. Courageously drawing from his lifetime of experience as an abused child, alcoholic, Zen student, and dharma teacher, author Mel Ash gives readers a solid grounding in the Twelve Steps and the Eightfold Path and shows their useful similarities for those in recovery.

The Zen of Recovery by Mel Ash, Ferdinand Ash, Paperback

"The Zen of Recovery" is a book for those seeking recovery for drugs, alcohol, or suffering from the human condition. There is far more than simply the twelve steps in this book. Having witnessed the transforming power of the twelve steps firsthand but never really being in love with the "Big Book", this was a breath of fresh air!

The Zen of Recovery by Mel Ash - Books on Google Play

Zen mind connects to the heart of recovery in this compelling blend of East and West. 4 out of 5 stars. Useful bridge in early recovery. By Alicia Grega on 03-21-13.

The Zen of Recovery - Mel Ash - Google Books

"The Zen of Recovery" is a book for those seeking recovery for drugs, alcohol, or suffering from the human condition. There is far more than simply the twelve steps in this book. Having witnessed the transforming power of the twelve steps firsthand but never really being in love with the "Big Book", this was a breath of fresh air!

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