



Twelve and Zen -- Where the 12 Steps Meet Zen Koans: [Interior: black and white edition]

Mr. Bill Krumbein

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Buddhism + Recovery. There are many excellent books on the market with these combined topics, so how is "Twelve and Zen" different from these? "Twelve and Zen", to the best of my knowledge, is perhaps the first to bring koan practice into the picture as a very effective means of deepening one's 12 Step practice. "We are going to know a new freedom and a new happiness." This is what happens by working the Steps -- this is what happens with a Zen koan practice. This is not a theory. I speak from my direct experiences -- from being in recovery for more than 25 years and koan practice for more than 15 years. It must be noted, this book is NOT a substitute for going to meetings, getting a sponsor, working the Steps and helping others. The book "Alcoholics Anonymous" has a chapter entitled "Into Action". This is a book about doing. No matter what kind of 12 Step program you are in, koan practice will enhance your life. About the only differences between this book and the eBook from Kindle are some and minor editing changes and fewer photos [in black and white] in this book .

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