



# Recovery — the sacred art: The Twelve Steps as Spiritual Practice (The Art of Spiritual Living)

*Rami Shapiro*

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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 Introduction

In 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.

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