

# **Refuge Recovery A Buddhist Path To Recovering From Addiction**

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Refuge Recovery A Buddhist Path A Buddhist Inspired Path to Recovery from Addiction Refuge Recovery is a practice, a process, a set of tools, a treatment and a path to healing addiction and the suffering caused by addiction. The main inspiration and guiding philosophy for the Refuge Recovery program are the teachings of Siddharta Gautama, a man who lived in India twenty-five hundred years ago. A Buddhist Inspired Path to Recovery from Addiction ... Refuge Recovery is a proven practice, a process, a set of tools, a treatment, and a path to healing addiction. Refuge Recovery is a Buddhist-oriented, nontheistic recovery program that does not ask anyone to believe anything, only to trust the process and do the hard work of recovery. Refuge Recovery: A Buddhist Path to Recovering from ... Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Refuge Recovery shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery: A Buddhist Path to Recovering from ... Refuge Recovery: A Buddhist Path To Addiction Recovery (EXCERPT) 06/16/2014 02:54 pm ET Updated Aug 16, 2014. Refuge Recovery is a practice, a process, a set of tools, a treatment, and a path to healing addiction and the suffering caused by addiction. The main inspiration and guiding philosophy for the Refuge Recovery program are the teachings of Siddhartha (Sid) Gautama, a man who lived in India

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