



# Recovery, the 12 Steps and Jewish Spirituality: Reclaiming Hope, Courage & Wholeness

*Rabbi Paul Steinberg*

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**Recovery, the 12 Steps and Jewish Spirituality: Reclaiming Hope, Courage & Wholeness** Rabbi Paul Steinberg

**A major new Jewish contribution to 12-Step spirituality.**

**Claim the spiritual freedom that waits beyond the suffering and slavery of addiction.**

"One of the important similarities between AA and Jewish spirituality is the statement in Step 12, 'to practice these principles in all our affairs....' There is no dichotomy of sacred versus secular. Jewish spirituality applies to how we eat, sleep, work, socialize and recreate. There is nothing that is external to the relationship of human being to God."

?from the Foreword

This easy-to-read exploration from a Jewish perspective is the first comprehensive approach to successfully integrate classic Jewish spirituality with the 12 Steps of Alcoholics Anonymous (AA) and other recovery resources.

With clarity and passion, Rabbi Paul Steinberg masterfully weaves traditional Jewish wisdom with the experience, strength and hope of AA. He draws on Jewish resources?theological, psychological and ethical?that speak to the spiritual dimension of the disease, and shows how the principles of Jewish spiritual recovery directly align with those of the AA 12 Steps. Along the way, he courageously shares his own personal struggles with alcoholism and addiction in a way that will help others find guidance and a new life path?and stay on it.

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