12 Steps on Buddha's Path is an extraordinary spiritual journey of a woman once trapped in the downward spiral of alcoholism. Misdiagnosed, Laura Keene was put in a mental hospital and given more than 40 electroshock treatments. Left incapable by the treatments of even speaking a coherent sentence, Keene was released against medical advice and ended up in the back row of an Alcoholics Anonymous meeting where she embraced the 12 Step program and gradually recovered. Yet the black hole inside her remained, until, on a trek in the Himalayas, Keene discovered Buddhism and began a new path.

12 Steps on Buddha's Path is an gripping account of the connections between the Alcoholics Anonymous (AA) 12 Step Program and the Buddhist path. The material is presented in three parts: First, Laura S.'s experience of coming to terms with her alcohol abuse through AA; second, a basic overview of the Buddha's teachings; and lastly a melding of the two paths in the author's life. Part One reviews AA's program and how the author came to understand the 12 Steps. Of particular interest to me, and presumably to others who practice