



Divine Therapy and Addiction: Centering Prayer and the Twelve Steps

Thomas Keating

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“All spiritual traditions have a wisdom literature. Alcoholics Anonymous is a spiritual tradition. Its influence and spread in the present century is going to depend on how well each generation of those in recovery assimilate and interiorize the basic wisdom that is enshrined in the Twelve Steps and the Twelve Traditions.”

Thomas Keating

In this major new work, Father Thomas Keating reflects on the wisdom and legacy of the Alcoholics Anonymous Twelve-Step Method and its connections to, and similarities with, the Christian mystical traditions of centering prayer and Lectio Divina. In conversation with a long-time member of AA meetings, Father Thomas talks insightfully about surrendering to one’s Higher Power and the journey that must be undertaken for the healing of the soul to begin.

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