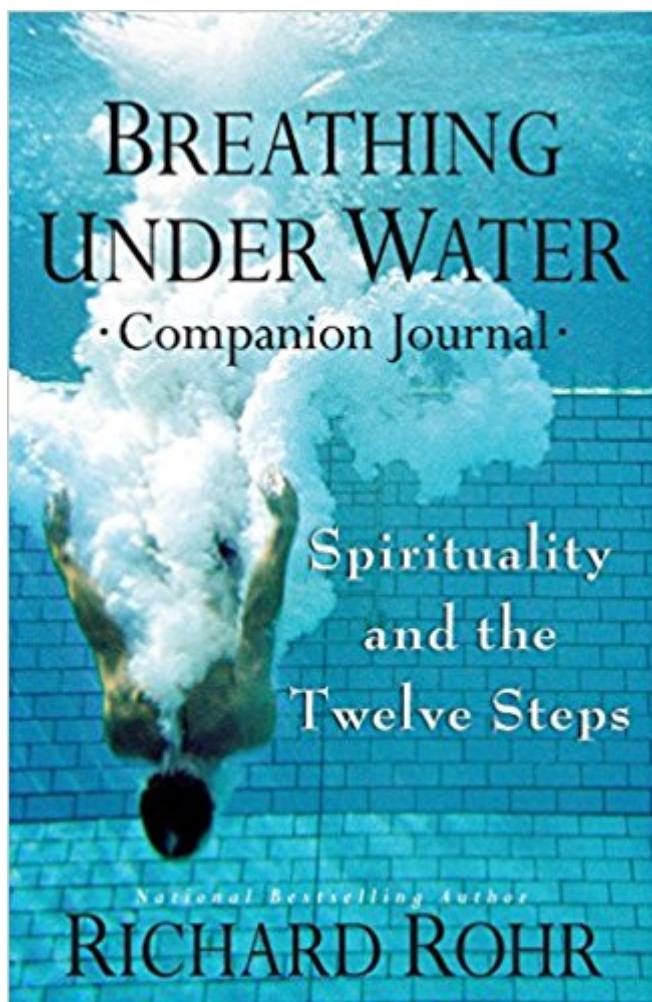


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# Breathing Under Water Companion Journal: Spirituality And The Twelve Steps



## Synopsis

A valuable new companion journal to the bestselling Breathing Under Water! We are all addicted to something, according to Franciscan Father Richard Rohr. This Companion Journal can help you work your way through the wisdom of the twelve-step program as outlined in Breathing Under Water to help you determine the source and solution for your own addictions. The journal contains reflections, discussion questions, and room for your own notes to help you explore the process in a way that's relevant and meaningful in your own life.

## Book Information

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Best Sellers Rank: #85,426 in Books (See Top 100 in Books) #77 in Books > Self-Help > Journal Writing #102 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #486 in Books > Christian Books & Bibles > Christian Living > Self Help

## Customer Reviews

"Franciscan priest and prolific author Rohr ("Falling Upward") is a perfect writer on the subject of the 12 Steps. He understands how radical a change they bring about, and that the 12 Step program is preeminently spiritual. His easy-to-read book is essentially a commentary on each of the steps, with twelve chapters and a postscript that concisely tackles the big religious question of human suffering, suffering with which addicts and their families are intimately acquainted. Jesus, Rohr answers, is no stranger to suffering. ...This is a good book for those in recovery from addiction and those who love them.--"Publishers Weekly"RICHARD ROHR is founding director of the Center for Action and Contemplation in Albuquerque, New Mexico. He considers the proclamation of the gospel to be his primary call, and some related themes he addresses include eco-spirituality, Scripture as liberation, non-dual thought, the integration of action and contemplation, peace and justice issues, and male spirituality. Author of numerous books, including "Things Hidden: Scripture as Spirituality",

"Wondrous Encounters: Scripture for Lent", and "Preparing for Christmas With Richard Rohr: Daily Meditations for Advent", he gives retreats and lectures internationally. He is a regular contributing writer for "Sojourners" and "Tikkun magazines". We are all addicted in some way. When we learn to identify our addiction, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In "Breathing Under Water", Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from any addiction--from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin..... "Breathing Under Water" is a must-read for any person who recognizes the need to go "inward" on their soul's journey to question what their relationship is with God, themselves, and others. The author guides us on a journey that begins with a powerlessness or being shipwrecked on a deserted island. It is God's greatest surprise and constant disguise. We always want to be the manager of our lives. But God makes sure that several things will come our way that we cannot manage on our own. .... What "Breathing Under Water" comes to be is an understanding that those people who have undergone suffering and pain come up to be a compassionate people, loved by God, to be there for others experiencing a similar challenge in life. Rohr summarizes that a graced moment from God is when the suffering people can love and trust a suffering God, and through this deep transformation, will save and be there for one another.--Paula J. Scraba, PhD., "The Cord""Spirituality is perhaps an ill-chosen word in this book's subtitle, given that Rohr's characterization of Christianity is (and always has been) relentlessly incarnational. Here his identification of the gospel with the core tenets of Alcoholics Anonymous underscores how redemption comes to us in and through the messes we make of our lives, not despite them. Anyone with first- or even secondhand knowledge of the Twelve Steps can attest to the unsettling challenges they present to safe, respectable, middle-class Christianity: 'When the churches forget their own gospel message, the Holy Spirit sneaks in through the ducts and air vents. AA meetings have been very good ductwork, allowing fresh air both in and out of many musty and mildewed churches.'" -- "The Christian Century".... "Breathing Under Water" is a must-read for any person who recognizes the need to go "inward" on their soul's journey to question what their relationship is with God, themselves, and others. The author guides us on a journey that begins with a powerlessness or being shipwrecked on a deserted island. It is God's greatest surprise and constant disguise. We always want to be the manager of our lives. But God makes sure that several things will come our way that we cannot manage on our own. .... What "Breathing Under Water" comes to be is an understanding that those people who have undergone suffering and pain come up to be a compassionate people, loved by God, to be there for others experiencing a similar challenge in life. Rohr summarizes that a graced moment from God is when

the suffering people can love and trust a suffering God, and through this deep transformation, will save and be there for one another. -- Paula J. Scraba, PhD., "The Cord"Richard Rohr continues to guide us to greater wholeness. The latest example is his new book, "Breathing Under Water." A prolific writer, his books have helped countless souls, especially those who struggle with issues of brokenness and seek transformation. -- "National Catholic Reporter" (Read the full review.)

Fr. Richard Rohr is a globally recognized ecumenical teacher bearing witness to the universal awakening within Christian mysticism and the Perennial Tradition. He is a Franciscan priest of the New Mexico Province and founder of the Center for Action and Contemplation (CAC) in Albuquerque, New Mexico. Fr. Richard's teaching is grounded in the Franciscan alternative orthodoxy—practices of contemplation and lived kenosis (self-emptying), expressing itself in radical compassion, particularly for the socially marginalized. Fr. Richard is the author of numerous books, including *Everything Belongs*, *Adam*, *Return*, *The Naked Now*, *Breathing Under Water*, *Falling Upward*, *Immortal Diamond*, and *Eager to Love: The Alternative Way of Francis of Assisi*. Fr. Richard is academic Dean of the Living School for Action and Contemplation. Drawing upon Christianity's place within the Perennial Tradition, the mission of the Living School is to produce compassionate and powerfully learned individuals who will work for positive change in the world based on awareness of our common union with God and all beings. Visit [cac.org](http://cac.org) for more information.

This is good to do as a personal evaluation but I tried to use it to walk through steps with others and it is a little difficult as it is broken up into several small questions within a larger question and no guidance on the real objective of each but as a personal guide I think it is useful.

What can I say? We use it in CALIX. You'll see yourself more clearly by journaling through Breathing under Water.

Another wonderful book by Fr. Richard Rohr! I bought the journal, too!

a very good journaling exercise to pair with Rohr's book...powerful stuff!

Indescribably powerful! I purchased the kindle and audible formats. I read and listen to it repeatedly

because it gives me a sense of connection to the universe and comfort. It is beautifully written and read.

Must read for people in 12 step recovery.

I am and will be everlastingly grateful to the lady who gave me this book. It relieved me of guilt that I had been carrying around for years pertaining to my suspicions about Religion. I am on my third reading and I thank God for Richard Rohr.

This is so so good, so relevant, and deeply spiritual without being "stuffy." The inspired writing makes it so accessible and easy to understand and apply. I also bought the journal which sells and love that too!

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