



Beyond Recovery: Nonduality and the Twelve Steps

Fred Davis

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BEYOND RECOVERY offers the tools that we can use to move on from mere abstinence to the natural freedom that is our true nature. Rupert Spira writes in the foreword, 'Beyond Recovery's real quality lies in the honest, humorous and warm-hearted ways in which Fred explores and exposes the complex patterns of avoidance and denial that characterise the resisting, seeking self and the non-judgmental way in which he describes it. Drawing on numerous examples from his own colourful life, he speaks with passion and humility of a path that started for him as an obsessive search for happiness in the acquisition of objects, relationships and states, evolved through addiction, recovery, spiritual seeking and self-enquiry, and continues in an ever-deepening surrender to the undeniable, unnamable reality of what eternally is.'

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