



Eight Step Recovery: Using the Buddha's Teachings to Overcome Addiction

Valerie Mason-John, Paramabandhu Groves

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Winner of the 2014 USA Best Book Award in the Self-Help: Motivational category and Winner of the 2015 International Book Award in the Self-Help: Motivational category

"This book provides a spiritual pathway to recovery for people from any faith tradition, as well as for those who are not religious, and for those who suffer from addiction as well as those who are simply aware of the suffering associated with the human condition. This is a book for everyone!"—Chris Cook, PhD, director of the Project for Spirituality, Theology & Health, Durham University, United Kingdom

"Blending Mindfulness-Based Addiction Recovery with traditional Buddhist teachings and personal stories, the authors give us a wise and compassionate approach to recovery from the range of addictions. This comprehensive approach will be a valuable tool for addicts and addiction professionals alike."—Kevin Griffin, author of *One Breath at a Time: Buddhism and the Twelve Steps*

All of us can struggle with the tendency towards addiction, but for some it can destroy their lives. In our recovery from addiction, the Buddha's teachings offer an understanding of how the mind works, tools for helping a mind vulnerable to addiction, and ways to overcome addictive behavior, cultivating a calm mind without resentments.

Valerie Mason-John is the author of seven books. She works as a consultant in Conflict Transformation. She was ordained into the Triratna Buddhist Order in 2005.

Paramabandhu Groves, MD, is a consultant psychiatrist for the National Health Service in the United Kingdom, specializing in addiction. He is ordained into the Triratna Buddhist Order.

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Exactly why? Because this Eight Step Recovery: Using the Buddha's Teachings to Overcome Addiction is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret this inside. Reading this book next to it was fantastic author who have write the book in such wonderful way makes the content within easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of benefits than the other book have such as help improving your talent and your critical thinking approach. So , still want to postpone having that book? If I were being you I will go to the guide store hurriedly.

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Eight Step Recovery: Using the Buddha's Teachings to Overcome Addiction can be one of your beginning books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to get every word into enjoyment arrangement in writing Eight Step Recovery: Using the Buddha's Teachings to Overcome Addiction yet doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource information that maybe you can be one among it. This great information can easily drawn you into brand-new stage of crucial thinking.

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