



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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