



## Eight Step Recovery : Using the Buddha's Teachings to Overcome Addiction (Revised Ed.)

*Valerie Mason-John, Dr. Paramabandhu Groves*

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All of us can struggle with the tendency towards addiction, but for some it can destroy their lives. Whether you are struggling to stay off heroin or with an obsessive pattern of thinking that prevents you from leading a more fulfilling life, the same principles – the Eight Steps of this book – apply. These steps take you away from the trouble caused by addictive tendencies, helping you untangle these drives, to discover a richer way of living.



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