

Recovery Meetings - United Kingdom

London - London

Type: Eight Step Recovery

Venue: North London Buddhist Centre

Days: Friday

Time: 6:30pm - 8:00pm

Address: 72 Holloway Rd, Highbury East, London, London N7 8JG

Other info: Eight Step Recovery is an alternative recovery program to the 12 step program of Alcoholic Anonymous. It uses the Buddhist Teachings to overcome addiction. This Eight Step program is a set of mindfulness teachings outlining a suggested course of action for recovery from addiction, stinking thinking, negative mental states, and compulsive and obsessive behaviours.

This program was cofounded by Dr Valerie Mason-John M.A (hon.doc) and Dr Paramabandhu Groves Ph.D. in 2013, and published in their book: "[Eight Step Recovery - Using the Buddha's teachings to overcome addiction](#)".

Contact: Phone - (0)20 7700 1177 Website - [North London Buddhist Centre](#)