



# A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery

By Patrick J Carnes Ph.D

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## A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery By Patrick J Carnes Ph.D

A revised and expanded edition of the recovery classic by Patrick Carnes, PhD, a leading expert on addictive behaviors.

The twelve steps tap into the essential human process of change and will be regarded as one of the intellectual and spiritual landmarks in human history.-- Patrick Carnes It was out of his reverence and respect for the wisdom and therapeutic value of the Twelve Steps that Carnes wrote A Gentle Path through the Twelve Steps, now a recovery classic and self-help staple for anyone looking for guidance for life's hardest challenges. Hundreds of thousands of people have found in this book a personal portal to the wisdom of the Twelve Steps. With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment, Carnes' new edition invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery.

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#### Review

"A treasure chest, a rich and powerful resource for anyone working a Twelve Step program."

--Wendy Maltz, MSW

"This book emphasizes the common themes at the heart of all Twelve Step fellowships and offers an especially clear explanation of what 'working the program' means."

--Claudia Black, PhD

#### About the Author

Patrick J. Carnes, PhD, is an internationally known authority and speaker on addiction and recovery issues. He has authored over twenty books including the bestselling titles *Out of the Shadows: Understanding Addiction Recovery*, *Betrayal Bond*, *Don't Call It Love*, *The Gentle Path Through the Twelve Steps* and *The Gentle Path through the Twelve Principles*. Dr. Carnes' research provides the architecture for the "task model" of treating addictions that is used by thousands of therapists worldwide and many well-known treatment centers, residential facilities, and hospitals. He founded IITAP (International Institute for Trauma and Addiction Professionals), which provides CSAT (Certified Sex Addiction Therapist) training and certification as well as cutting-edge information for addiction professionals. Dr. Carnes currently serves as a Senior Fellow and Executive Director for the Gentle Path Program at The Meadows in Wickenburg, Arizona. For more information on his work and contributions: [www.patrickcarnes.com](http://www.patrickcarnes.com). You can also find him on Facebook and Twitter: @drpatrickcarnes

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