



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

Patrick J. Carnes Ph.D.

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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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