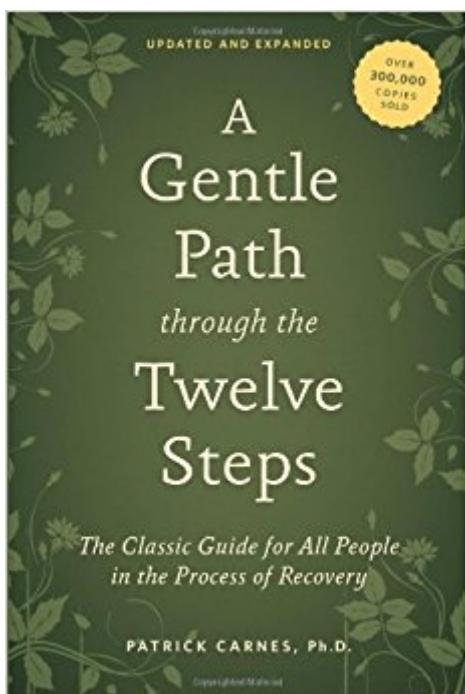


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# A Gentle Path Through The Twelve Steps: The Classic Guide For All People In The Process Of Recovery



## **Synopsis**

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.

## **Book Information**

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## **Customer Reviews**

"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

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

If you're embarking on the 12 Steps, THIS is the essential. It is not AA sanctioned literature, but it of course closely follows the Big Book. This work book is tremendous - detailed Q&A for each step. You will be "amazed before you're half way through". It's not the easiest work, but it peels away the onion in, indeed, a gentle way. I found it to be an invaluable tool 20+ years ago when I went through it (in fact I went through it about 5 times in groups of guys). You will find out things about yourself that you were knew or expected - good and bad - perhaps opening up long stored away secrets and memories. But the idea is to HEAL, and this is a tremendous aid in that quest. Working the steps are crucial, and I found this to be a fabulous tool, much of which I indeed use "in all of my affairs".

This book seriously is the "GENTLY PATH" through the "Program".... If you're looking for the "EASY" path, then this is not the book for you, nor will you ever find that book. This book is more of an "Idiot's Guide" to the 12 steps and doubles as a literal workbook for you to "work the steps" right in! If you have a sponsor and you're serious about your recovery, buy this book for yourself AND HIM or HER!! This will show your sponsor you mean business, and it will make doing step work with your sponsor so much easier and structured. If your sponsor is a die-hard, he/she will love the concept of having their own copy so that they can work their steps again with you. Good luck!

Great for anyone. (Period) if you have worked steps before, the depth of this literature will blow your mind. If you have never worked steps, nothing else will quite live up to this attention to detail. I guess that's probably my opinion, but it is truly a great way to learn about yourself, and what to do about you.

I used this book in conjunction with a therapist, as I felt the public addiction help meetings were not helping me to focus on the most important issues that I did not want to deal with, or express in a public help meeting. The author makes clear that you should work through the steps as you are able to. Keep making progress as much as you can, and review previous chapters too. You will likely have set-backs and relapse, but do not give up trying and making progress. I do not see this book as a way to avoid going to self-help meetings, or avoid individual/marital therapy. You will need the help provided from very good external support people, even though you may feel that you can't depend on others. This book is a very helpful guide to help you keep making progress. Well organized, and very helpful commentary from the author. The 'work' sessions in the chapters will get you to understand and face some of the key 'myths', the untruths, you have falsely believed about yourself, and why you keep shooting yourself in the foot with life decisions. You must admit to yourself several truths: That your life is out of control, that you can't resolve it on your own, and you need help from someone who is trained to help you uncover some painful issues that have held you back for years (or decades). Best wishes to you, and don't give up trying.

I have ordered 2 copies of this book."Gentle Path through the 12 Steps." The author respects and follows the AA Big Book principles and traditions. This book gives readers a way to integrate the 12 Steps into their lives in a practical doable way. I have been sober 10/3/85. After reading Gentle Path, the author provides an extended look into the BB 12 steps. I use it with women I sponsor.

Many people know about the twelve steps to addiction recovery. Many suffering with addictions participate in Twelve Step groups. This book serves as a guide to approaching the twelve steps from a perspective which leads to a greater understanding of addiction and thus a deeper interaction with each of the twelve steps. Its workbook format allows the reader to answer basic, but important questions about their addiction and addictive history. It helps the reader build the essential inventories found in the twelve steps. I would advise that this book is an essential guide book for the addict struggling to take a meaningful, deep approach to the twelve steps. It is a great tool for the twelve step addiction sponsor, who wants to offer a systematic, through approach to addiction recovery. Wonderful!

I participate in the SLAA recovery group and they do not have a step study, so this is perfect. Great workbook, very thorough and applicable to a variety of addictions/issues.

When one is in the process of recovery, it is sometimes hard to think of different aspects of the concept talked about in the room such as: denial, higher power, etc. Carnes, through his numerous exercises, offers the steps necessary to move through the process of recovery as well as how to proceed, what areas to look at and issues to explore. Highly recommended!

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