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### **A Gentle Path Through The**

"Gentle Path through the 12 Steps." The author respects and

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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.

### **A Gentle Path through the Twelve Steps: The Classic Guide ...**

This revised edition of "A Gentle Path through the Twelve Steps" is a treasure chest, a rich and powerful resource for anyone working a twelve-step program. Carnes is a gifted teacher and leader. Revised Edition. Carnes offers us exercises, inventories, and guided reflections for those of us facing the daily challenges of attaining or maintaining an addiction-free lifestyle.

### **A Gentle Path Through the Twelve Steps: The Classic Guide ...**

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Times of crisis and change are opportunities for growing towards more whole and healthy lives. Renowned addiction expert Patrick Carnes, PhD, author of A Gentle Path through the Twelve Steps, outlines twelve guiding principles to help those in recovery develop an essential skill set for life. Twelve Steps.

## **A Gentle Path through the Twelve Principles: Living the**

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## **A Gentle Path through the Twelve Steps Updated and Expanded**

A Gentle Path through the Twelve Principles outlines twelve guiding principles to help those in recovery. These principles have existed among fellowships as a hidden curriculum of fundamental truths about recovery for decade, but never before have them been distilled into a succinct set of values that, when practiced, help each of us to develop an essential skill set for life.

## **A Gentle Path Through the 12 Steps and 12 Principles ...**

Patrick Carnes, PhD, Dr. Patrick Carnes, is the founder and primary architect of Gentle Path at The Meadows. He is author of Out of the Shadows: Understanding Sexual Addiction (1983), the



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first work designed to help addicts deal with their sexual compulsions, and to examine the tangled web of trauma, love, addictive sex, hate, and fear often found in family relationships.

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Among the many names this path might be called, we are calling it here a "mindful way through faith crisis" (with special emphasis on that preposition). ... Far less acknowledgement is given to the way personal growth can be God-inspired, grace-filled and supremely gentle.

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