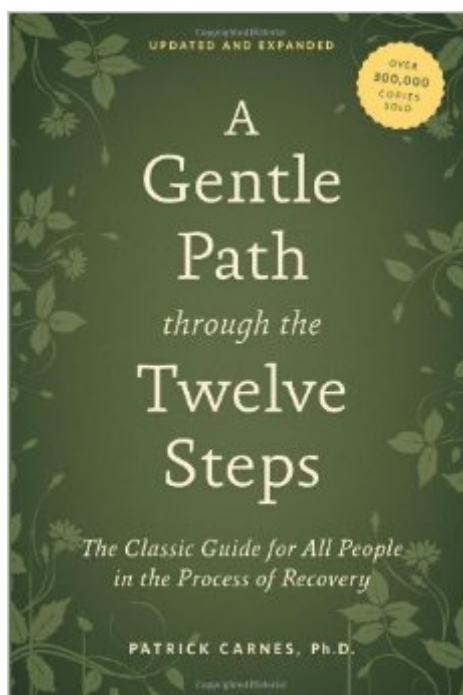


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# A Gentle Path Through The Twelve Steps: The Classic Guide For All People In The Process Of Recovery



## Synopsis

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 CarnesIt 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

Paperback: 340 pages

Publisher: Hazelden; Third Edition edition (May 22, 2012)

Language: English

ISBN-10: 1592858430

ISBN-13: 978-1592858439

Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (129 customer reviews)

Best Sellers Rank: #12,176 in Books (See Top 100 in Books) #23 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #38 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #45 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## Customer Reviews

I recommend this book to every one in ANY 12 step recovery program. I have used it & the 1st step took 90 pages alone, that's how THOROUGH a job this workbook does at helping one build a foundation in recovery. The entire book is 300 pages with LOTS of room to write! I use this with sponsee/sponsor relationships. It covers all addictions whether it is food, sex, alcohol or drugs, relationships, gambling, you name it! It has a very balanced approach to help one see their own powerlessness over becoming an addict in the 1st place & then helps one DO SOMETHING about it. It explores abuse histories for those like me who have suffered all forms of abuse & trauma as a child. FREE Yourself, finally, from the demons of your past that keep you in that shame/addiction

cycle. This is the ONLY 12 step workbook that IS as gentle as it says it is, with plenty of breaks. Get to know the you that you have always known you could be, you know, the one who wasn't allowed to EXIST as a child. Words can't express what a miracle this WORKbook has been in my recovery. I've done 1st steps before, but never so completely. For the 1st time, I truly understand & accept powerlessness, and I owe it to the 90 pages of self-discovery this book gifted me with.... Get 2 copies because once everyone sees it, they want one too. Many paths, one journey.

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!

This book takes anyone through the 12 steps. It is a workbook for the addict and/or the coaddict. There are many numerous useful exercises and helpful information. I have had this book recommended to me over and over again, and I recommend it for anyone in recovery.

There are so many 12 step books that are lock-step in their approach. This one is useful for anyone's spirituality -- a balanced and personal approach. Particularly good for those who have struggled with the aftermath of sexual abuse.

I am new to the 12 steps, and have found this book extremely helpful in getting to know myself,, something I have avoided for 60 years.. It has especially been helpful for a co-dependent of a sex/love addict. I really have not known what my part in the partnership was.. this book has helped me see what I need to work on myself.. I thought it was all "his fault".. I highly recommend this book to anyone looking to grow personally and spiritually.

If you're looking for a guide to help you work the steps for more than one issue, this is the book to use. It's a good guide to use with a small group. And, even though you may think you have only one addiction, chances are, if you're creative like the rest of us, you get clean in one area only to discover you've traded up to new and more insidious compulsive behavior. Ready to get, clean, honest and grow up? This book will help!

Patrick Carnes has been a grounder-breaker in every sense concerning sexual addiction. I feel

ambivalent about this offering, however. I think on the whole it's a stronger book for addicts than for codependents. The material seems to revolve around addiction with co-addiction serving as an afterthought, both figuratively and literally. As a recovering codependent, I yearn for materials that address my issues head-on instead of relating me to the addicts in my life. Something about this material makes me feel second-class and doesn't inspire me to go as deeply as I could. Although it's on order and I can't review it yet, I suggest that codependents take a look at Pia Mellody's 12 step workbook, *Breaking Free*, as an alternative. Her *Facing Codependence* contains some extraordinarily muscular, clear-sighted work on codependence as an illness that stands on its own, and if the workbook has anything in common, it should prove useful.

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.

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