

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

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's new edition invites a fresh generation of listeners to the healing and rewarding experience of Twelve Step recovery.

Patrick J. Carnes, PhD, is an internationally known authority on addiction and recovery issues. He has authored more than twenty books, including the bestselling titles *Out of the Shadows: Understanding Addiction Recovery*, *The Betrayal Bond*, *Don't Call It Love*, and *A Gentle Path Through the Twelve Steps*. Dr. Carnes's 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 is the founder of the Gentle Path Program, which specializes in dedicated treatment for sexual addiction.

Read by David Colacci



Runtime: 5h. 25m. • Unabridged

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The Playaway format is recommended for children ages 5 and up.



AUDIO

A Gentle Path
through the
Twelve Steps

PATRICK CARNES, Ph.D.

Adult



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THE ALL-IN-ONE AUDIOBOOK

