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Author: Patrick Carnes, Ph.D. This review is for the 1989 version. There is also a newer 1994 version. This is by Patrick Carnes, who also wrote Out of the Shadows, a classic about sexual addiction.

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A Gentle Path The Twelve Principles

A Gentle Path In recent years we have made unbelievable breakthroughs in neuroscience, radiology, genetics, and psychobiology which are giving us a clearer picture of how addiction hijacks the brain and how recovery helps to rewire and change the brain.

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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.

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