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A Gentle Path Through the Twelve Principles Part 1/2 (to see other parts of the article, click on the pages at the bottom) Working the 12 steps can take us to a place of safety, sanity and serenity. But the 12 steps are the beginning of the journey, not a destination.

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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 12 Steps, now a recovery classic and self-help staple for anyone looking for guidance for life's hardest challenges.

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