
A Gentle Path Through The 12 Steps

*A Gentle
Path
Through The
12 Steps*

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A Gentle Path Through the Twelve Steps

The Classic Guide for All People in the Process of Recovery
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Principles

Living the Values Behind the Steps

Hazelden Publishing

A Gentle Path through the Twelve Principles

Sexual Anorexia

Overcoming Sexual Self-Hatred

Simon and Schuster

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual behavior and recovery.

A first-time examination of sexual anorexia, an extreme fear of sexual intimacy and obsessive avoidance of sex, by the acknowledged leader in the treatment of compulsive sexual

behavior and recovery. Author Dr. Patrick Carnes begins by defining sexual anorexia and demonstrating how it and its parallel disorder, sexual addiction and compulsivity, often arise from a background of childhood sexual trauma, neglect, and other forms of abuse. Carnes explores the numerous dimensions of sexual health, examining key issues which must be addressed and resolved for recovery to proceed. Utilizing extensive research and elucidating case studies, Carnes develops concrete tasks and plans for restoring nurturing and sensuality, building fulfilling relationships, exploring intimacy, and

creating healthy sexuality. Woven throughout the book are stories of recovery which illustrate sexual healing principles, model new behavior, and support motivation for change. Sexual Anorexia enables those suffering from this disorder to recognize that sex need not be a furtive enemy to be fought and defeated but, instead, a deeply sensual, passionate, fulfilling, and spiritual experience that all human beings are innately entitled to.

A Gentle Path

A Guide to Peace, Passion and Power

iUniverse

This groundbreaking new guide from Tina M. Thomas, Ph.D., will help you harness your knowledge and inner

resources to achieve your dreams. As a psychotherapist and life coach, Dr. Thomas has worked with cancer patients to heal their bodies, athletes to improve their game, and individuals to increase their personal success. Now, in *A Gentle Path*, Dr. Thomas shares the gift of these principles with a larger audience. With *A Gentle Path*, no matter where you are starting the journey, you can discover peaceful, joyful, and elegantly simple ways of making your dreams come true.

Out of the Shadows

Understanding Sexual Addiction

Simon and Schuster

Unhooked from regular routines and healthy relationships by the

coronavirus pandemic or other traumas, even our most basic human impulses and inputs can become addictive and destructive. An essential resource for those struggling with sexual addiction and compulsions, and those who love them. With the revised information and up-to-date research, *Out of the Shadows* is the premier work on sex addiction, written by a pioneer in its treatment. Sex is at the core of our identities. And when it becomes a compulsion, it can unravel our lives. *Out of the Shadows* is the premier work on this disorder, written by a pioneer in its treatment. Revised and updated to include the latest research--and to address the exploding phenomenon of cybersex addiction--

this third edition identifies the danger signs, explains the dynamics, and describes the consequences of sexual addiction and dependency. With practical wisdom and spiritual clarity, it points the way out of the shadows of sexual compulsion and back into the light and fullness of life.

Facing the Shadow

Starting Sexual and Relationship Recovery

The groundbreaking book introducing Dr. Patrick Carnes' thirty-task model for treating sexual addiction is now **UPDATED** and **REVISED**.

Don't Call It Love

Recovery From

Sexual Addiction*Bantam*

"Dr. Patrick Carnes is a creative, pioneering, and courageous human being. His books are changing the lives of thousands!" "I lost three marriages, all because of affairs." "I became suicidal because of multiple intense involvements." "I spent money on sex when I needed it for children's clothes." "I lost promotion opportunities and a special scholarship because my co-workers found out about my sex life." Every day they face the possibility of destruction, risking their families, fiances, jobs, dignity, and health. They come from all walks of life: ministers, physicians, therapists, politicians, executives, blue-collar

workers. Most were abused as children--sexually, physically or emotionally--and saw addictive behavior in their early lives. Most grapple with other addictions as well, but their fiercest battle is with the most astounding prevalent "secret" disorder in America: sexual addiction. Here is a ground-breaking work by the nation's leading professional expert on sexual addiction, based on the candid testimony of more than one thousand recovering sexual addicts in the first major scientific study of the disorder. This essential volume includes not only the revealing findings of Dr. Carne's research with recovering addicts but also advice from the addicts and co-

addicts themselves as they work to overcome their compulsive behavior. Positive, hopeful, and practical, *Don't Call It Love* is a landmark book that helps us better understand all addictions, their causes, and the difficult path to recovery.

Contrary to Love

Helping the Sexual Addict *Simon and Schuster*

This resource identifies the stages and progression of sex addiction, including assessment, intervention, and treatment methods. This resource identifies the stages and progression of sex addiction, including assessment, intervention, and

treatment methods. It also covers family structure, bonding, boundaries, and recovery topics.

Daniel Plays in a Gentle Way *Simon and Schuster*

A new generation of children love Daniel Tiger's Neighborhood, inspired by the classic series Mister Rogers' Neighborhood! Daniel learns to be gentle with his baby sister in this sweet 8x8 storybook based on an episode of Daniel Tiger's Neighborhood! Daniel and his baby sister, Margaret, are playing on a homemade obstacle course! Daniel is having so much fun, he gets a little loud and rough, making his baby sister cry. Can Daniel learn to play gently, so he and Margaret can

go back to having fun?
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The Art of Contemplation

Gentle Path to Wholeness and Prosperity

A Woman's Way through the Twelve Steps *Simon and Schuster*

Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine

perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women--from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings--*A Woman's Way through the Twelve Steps* focuses directly on the

feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

In the Shadows of the Net

Breaking Free of Compulsive Online Sexual Behavior

Simon and Schuster

The much-anticipated second edition of the breakthrough book about recovering from online sexual addiction. As the Internet becomes a more powerful, imposing

force in our lives, indeed becoming difficult to avoid, the potential for related problems also increases. This includes troubles of a sexual nature. When accessing porn no longer requires even a trip to the store, when we can view and participate in sexual activities anonymously, when younger and younger children are being exposed to sex online, when virtual interactions take over, limiting and even destroying real-time relationships, we are in crisis. Compulsive online sexual behavior is a real and growing problem. Yet the situation is not without hope. For those who are seeing signs of significant online problems in themselves or a loved

one, this updated second edition of *In the Shadows of the Net* provides answers, understanding, and tools for recovery. With the latest statistics, discussion of recent technologies and devices, and new thinking on developing a healthy relationship with the Internet and avoiding relapse, this book offers authoritative, professional advice for achieving lasting, healthy change and healing.

Six Healing Questions: A Gentle Path to Facing Childhood Loss of a Parent *Treadway & Associates, Incorporated*

There is magic to this life. *Six Healing Questions: A Gentle Path to Healing*

Childhood Loss of a Parent is for anyone facing a well of grief. Written for adults who have lost a parent or parents at an early age, Madonna shares her own story of loss, asks gentle questions, provides tangible tools, and easy-to-understand research. Discover: - your hidden strength - your unique gifts - your path to wholeness. *Six Healing Questions* is about accepting your story and embracing hope. Grief is a journey, and beauty does await you. Join Madonna on this remarkable and sometimes surprising path toward healing.

Recovery Zone Volume 2

Making Changes That Last: The External Tasks

eBookIt.com

The process of therapy and treatment means stepping into an unfamiliar, new world with very different perspectives, processes and even its own language at times. The goal of this extraordinary world is to repair, restructure, and build the internal structures to cope with losses, trauma, dysfunction, toxic stress, and addiction. The first of the Recovery Zone series focuses on the often painful and difficult internal tasks for that transition. This first book in the series by Patrick Carnes is already regarded as a classic and has been a durable best seller for the past decade. The second volume is now here, and Dr. Carnes helps with the issue of

"now that I know all of this, what do I do?" How to translate the inner transformation into my everyday world? I have discovered the real "me" but what does that mean for me to integrate ideas and skills with my relationships, work, values, lifestyle -- and be happy? Much has been written about overcoming trauma, grief, dysfunctional relationships and the sinkholes of the various addictions. The sequel of Recovery Zone provides real answers about how to stay in the zone when traumatic events, toxic stress, and easy access to escape surrounds you. The goal must be an "Ultimate To Do List" so you do not miss out on the life you want and feel a

genuine call to do. Core to this platform is a resilience built on ten master skills and thirty operational strategies that users describing as "defining" passage into a new life. The joke about life being what happens when you are on the way to do something else, has little reality at the end of this second volume. Dr. Carnes is widely known for his personal sharing, his warm and engaging stories, and his ability to weave complex science into something that everyone can use. These materials have evolved with the help of over two thousand therapists and the experiences of many thousands of patients. Another vintage of classic Carnes's writing.

Sex Addicts Anonymous

3rd Edition Conference

Approved *Simon and Schuster*

The basic text of the SAA fellowship, Sex Addicts Anonymous explains sex addiction from the SAA perspective and demonstrates, through examples, how sex addiction worsens over time. It describes the personal powerlessness and unmanageability of sex addiction, and the damage to personal relationships, livelihood, and physical health that is often caused by addictive behavior. Sex Addicts Anonymous conveys a vision of hope for the addict through a recovery program based on the time-

honored Twelve Steps that were initially proposed for alcoholics. A separate section of the book offers a variety of personal stories from individual members of the fellowship to illustrate the challenges and the hope of recovery.

Betrayal Bond, Revised

Breaking Free of Exploitive Relationships *HCI*

Some really great books just keep getting better! For seventeen years *The Betrayal Bond* has been the primary source for therapists and patients wrestling the effects of emotional pain and harm caused by exploitation from someone they trusted. Divorce, litigation,

incest and child abuse, domestic violence, kidnapping, professional exploitation and religious abuse are all areas of trauma bonding. These are situations and relationships of incredible intensity or importance lend themselves more easily to an exploitation of trust or power. In *The Betrayal Bond*, Dr. Carnes presents an in-depth study of these relationships; why they form, who is most susceptible, and how they become so powerful. Dr. Carnes also gives a clear explanation of the bond that compels people to tolerate the intolerable, and for the first time, maps out the brain connection that makes being with

hurtful people comparable to 'a drug of choice.' Most importantly, Carnes provides practical steps to identify compulsive attachment patterns and ultimately to change or end them for good. This new edition includes: New science for understanding how our brains can make a prison of bad relationships New assessments and insights based on 50,000 research participants A new section utilizing the latest findings in attachment research and narrative therapy to concretely rewrite and rescript bad experiences A redefinition of the factors contributing to addictive relationships

The Meditative Path

A Gentle Way to Awareness, Concentration, and Serenity *Quest Books* Once, the Mula Nasruden was searching the ground under a street lamp. "Can I help?" asked a friend. "I lost my key in the house," said Nasruden. "But then why look out here?" "Because the light is better in the street," came the reply. Nasruden is a great fool in Middle Eastern folklore. Only by turning on the light inside his house -- his inner psyche -- will he find the key. John Ciani shows us how to do just that. Directly from the heart, this practical, nonreligious book guides the reader of any faith to reduce stress, increase health, and achieve inner peace. It clearly

explains the meditative process and offers very simple exercises to balance theory and practice. Each chapter includes Q&A sections based on the average reader's experience and crafted from the author's twenty-four years of teaching, first as a Buddhist monk and now in lay life. Of all primers on meditation, this one excels in showing how to slow down life in the fast lane.

The Gentle Way

A Self-Help Guide for Those Who Believe in Angels

Light Technology Publishing

Angelic power tools are interdimensional windows that flood your psychic centers with angelic energy. They are treasured by lightworkers around

the world. Find out why. It takes only a short time to assemble your power tools using the patterns in this book and a few inexpensive supplies found in any stained glass shop. When you are finished you will have ten authentic, versatile angelic instruments for healing, channeling, and self-transformation. You get ten superb power tools channeled from the Rose Angels: The Inner Eye Disk is for channeling, decision-making, meditation, dreaming, and visions. Everyone should have this disk. The Rainbow Disk energizes both the physical and astral bodies and brings floods of high-frequency energy into a healer's hands. The Light Weaver Disk

quickly and easily patches auric holes that leak life force. The Grounding Disk keeps you from getting hazy during psychic work as it anchors astral information down into the physical plane. The Magnet Disk pu

Answers in the Heart

Daily Meditations for Men and Women Recovering from Sex Addiction *Simon and Schuster*

Daily reflections for those searching for lasting recovery from sex addiction. The supportive and motivational thoughts in this bestselling collection of daily readings promise to spark the healing, hope, and personal growth anyone addicted to sex needs

to embrace recovery. Part of the Hazelden Meditation series, each thought of the day inspires the strength, courage, and mindfulness readers need to overcome patterns of sexual compulsion. Featuring 366 affirmations that complement any Twelve Step program for love addiction or an unhealthy dependence on sexual behavior, this book will become the touchstone to your transformation.

Facing Addiction

Starting Recovery from Alcohol and Drugs

Applies Dr. Patrick Carnes' research-based thirty-task model to treating addiction to alcohol and drugs for a lasting long-term recovery.

Always Turned On

Gentle Path Press

Technology has significantly changed our world. Sexual imagery and encounters can now be accessed anywhere, anytime, using portable electronic devices. Users can generate a stream of graphic pornography, a wide variety of virtual sexual activities, and casual, anonymous, or paid-for sexual encounters with a click or a tap. We now have greater access to highly stimulating sexual content and potential sexual partners with much less built-in accountability. Porn addicts are especially vulnerable to the lure of digital technology and the seemingly endless array of stimulation it provides.

Research suggests that cyber-porn addicts spend at least eleven or twelve hours per week online viewing porn. Today, all forms of sex addiction are technology driven—from porn websites to webcams to casual sex hook-up apps via smartphones. Sex addicts organize their lives around the pursuit of sexual activity with self or others, spending inordinate amounts of time viewing and masturbating to porn or planning, pursuing, and engaging in sex acts. At the same time, they neglect important relationships, work, and personal responsibilities. Overwhelming feelings of guilt, shame, and remorse invade when the acting out ends. While it's complicated,

recovery is possible. Always Turned On shows readers how to turn those temptations off while providing practical long-term solutions for recovery.

Courageous Love

A Couples Guide to Conquering Betrayal

Gentle Path Press

There is nothing that can rupture the loving connection between a couple like betrayal. In *Courageous Love*, Dr. Stefanie Carnes provides a step-by-step guide for repairing your relationship, whether it is damaged by infidelity, pornography or compulsive and addictive sexual behavior. Dr. Carnes teaches couples how to respond to one another with compassion and empathy and how to hold onto hope for their

relationship. She outlines a detailed process to getting your relationship back on track and into a new stage of development. This book is a must read for couples struggling with the aftermath of betrayal.

Healing Steps

A Gentle Path to Recovery for Survivors of Childhood Sexual Abuse

FINALIST 2018 FOREWORD BOOK OF THE YEAR - PSYCHOLOGY & WOMEN'S STUDIES "As practical as it is powerful." - Marilyn Van Derbur, author, *Miss America by Day*
Healing Steps: A Gentle Path to Recovery for Survivors of Childhood Sexual Abuse is a step-by-step

guide to healing from the deep pain of early sexual abuse. Such profound abuse touches the core of a woman's being: in unwanted memories, confusing feelings, distorted self-image, ongoing relationship struggles, and more. This frank and thorough book, written by a therapist who has herself survived sexual abuse, offers clear-eyed advice, stories of struggles and recovery, and most importantly, exercises to guide you in your own healing. If you're a sexual abuse survivor, it's difficult to know how to begin freeing yourself of the past so you can be fully present for your future. Let this book be your guide. And if you're currently in therapy (or if you are a therapist) and want a

focus for your work, this book can be used as a blueprint for your therapeutic work. When you read this book, you will realize that you are not alone: you are on a journey that many have walked before - and that many are walking with you now.

Gentle Path Through the 12 Steps for All People in the Process of Recovery, a Guidebook

Audiotape workshop will help you to understand your own story of the past and begin to plan a lifetime of sobriety.

Drop the Rock

Removing Character Defects - Steps Six and Seven *Simon and Schuster*

A practical guide to

letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery- or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

A Gentle and Curious Path

A Gentle and Curious Path is a true story with openness, humor, adversity, natural history and wisdom.

It's the author's way of reaching out to others who are diagnosed with cancer, their family and friends, and people who like true stories and wisdom. She shares her story of being enrolled in what felt like an intensive course in life and all that she learned. Early on she began putting together a toolbox with tools for fear, comfort, grief, worry, perseverance, forgiveness, and how not to get lost in transition from cancer patient to survivor. The book includes practical tips such as not to wear your wig near an oven or it may melt. Natural history photographs and stories from her many years as an environmental educator, and biology from her career as a

science teacher are woven through the book. One story is about a ruby-throated hummingbird dealing with a funnel-shaped bee balm flower stuck on its bill. In *A Gentle and Curious Path* you'll find examples of turning lemons into lemonade again and again, and insights into emotional and spiritual aspects of a serious illness.

Drop the Rock--The Ripple Effect

Using Step 10 to Work Steps 6 and 7 Every Day *Simon and Schuster*

Drop the Rock—The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free

of fear and resentment and filled with serenity and gratitude. When *Drop the Rock: Removing Character Defects* was first published in 1999, it quickly became the standard resource for working Steps 6 and 7, two of the most challenging of the Twelve Steps for many people in recovery. Learning what it means to fully surrender character defects frees you to make amends with Steps 8 and 9, realize the Big Book's "Promises," and move on to Step 10. In this new follow-up resource, Fred H. explores what he calls "the ripple effect" that can be created by using Step 10 to practice Steps 6 and 7 every day and avoid picking up "the rock" again. Drawing on his

years of lecturing on the Big Book of Alcoholics Anonymous and Twelve Steps and Twelve Traditions, he reveals Step 10 as the natural culmination of working the previous Steps. providing a crash course on renewing your recovery program through the daily practice of Twelve Step principles. Like its predecessor, *Drop the Rock—The Ripple Effect* provides multiple perspectives from people successfully working a Twelve Step Program, showing Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude. Fred H. has worked in the field of addiction and recovery for over three decades and is the director of the retreat

center for a leading addiction treatment program. He is a popular international speaker on the Big Book and the principles of the Twelve Steps.

A Wrinkle in Time *GENERAL PRESS*

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways,

by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. *A Wrinkle in Time*, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.

Infinite Jest *Back Bay Books*

A gargantuan, mind-altering comedy about

the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American

exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think." -- Sven Birkerts, *The Atlantic*

Becoming Myself

A Psychiatrist's Memoir *Basic Books*

Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir. Irvin D. Yalom has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is

riding his bike past the home of an acne-scarred girl. Like every morning, he calls out, hoping to befriend her, "Hello Measles!" But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As *Becoming Myself* unfolds, we see the birth of the insightful thinker whose books have been a beacon to so many. This is not simply a man's life story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our own selves and the meanings of our lives.

A Gentle Path through the Twelve Steps

The Classic Guide for All People in the Process of Recovery

Simon and Schuster

A revised and expanded edition of the recovery classic by Patrick Carnes, Ph.D., a leading expert on addictive behaviors. A revised and expanded edition of the recovery classic by Patrick Carnes, Ph.D., a leading expert on addictive behaviors. 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 Carnes 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. 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. 'A treasure chest, a rich and powerful resource for anyone working a Twelve Step program.' -- Wendy Maltz, M.S.W. 'This book emphasizes the common themes at the heart of all Twelve Step

fellowships and offers an especially clear explanation of what 'working the program' means.' --Claudia Black, Ph.D. Patrick J. Carnes, PhD, is the founder of the International Institute for Trauma and Addiction Professionals (IITAP) and Gentle Path Press. His extensive background in the field of addiction therapy led Dr. Carnes to develop multiple cutting-edge recovery programs aimed at treating addictive disorders. He serves as executive director of the Gentle Path Program, a residential treatment program for sexual addiction in Hattiesburg, Miss. With more than 30 years in the sexual addiction treatment field, Dr. Carnes continues to spread his extensive

knowledge as a speaker, presenter and interview subject. His assessment tools and related materials deliver an unprecedented approach to addiction recovery for practitioners of addiction treatment and sexual addicts.

embody

Learning to Love Your Unique Body (and quiet that critical voice!) GYrze Books

Embody: A Guide to Celebrating Your Unique Body (and quieting that critical voice!) brings to life the work of The Body Positive, a non-profit organization founded in 1996 by Connie Sobczak and Elizabeth Scott, LCSW. This book's message is

rooted in the philosophy that people inherently possess the wisdom necessary to make healthy choices and to live in balance. It emphasizes that self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care are fundamental to achieving good physical and emotional health. It encourages readers to shift their focus away from ineffective, harmful weight-loss efforts towards improving and sustaining positive self-care behaviors. Initial research indicates that this work significantly improves people's ability to regulate eating, decreases depression and anxiety, and increases self-esteem—all critical resources that promote resiliency against eating and body image problems. Embody guides readers step-by-step through the five core competencies of the Body Positive's model: Reclaim Health, Practice Intuitive Self-Care, Cultivate Self-Love, Declare Your Own Authentic Beauty, and Build Community. These competencies are fundamental skills anyone can practice on a daily basis to honor their innate wisdom and take good care of their whole selves because they are motivated by self-love and appreciation. Rather than dictating a prescriptive set of rules to follow, readers are guided through patient, mindful inquiry to find what works uniquely in their own lives to bring

about—and sustain—positive self-care changes and a peaceful relationship with their bodies. Through workshops, lectures, and leadership trainings, Sobczak and Scott have helped thousands of people of all sizes, ages, sexual orientations, genders, ethnicities, and socioeconomic levels to lead healthier and more meaningful lives by learning how to cherish their unique bodies—no small task given today's barrage of thin images and emphasis on dieting. Embody offers practical tools as well as personal stories to bring Sobczak and Scott's work into one's own life. It is a resource that can be read cover to cover as well as revisited time

again while moving through the inevitable changes that come with personal growth. A lifeboat in the sea of messages that demean the bodies of both men and women, Embody is a safe haven for all.

A Gentle Path Through the 12 Steps and 12 Principles Bundle

A Collection of Two Patrick Carnes Best Sellers *Simon and Schuster*

Two book bundle! Essential Twelve Step Recovery Guides from renown author, Patrick Carnes, Ph.D. Two book bundle! Essential Twelve Step Recovery Guides from renown author, Patrick Carnes, Ph.D. A Gentle Path through the Twelve Steps UPDATED and EXPANDED 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. 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.

The War of the Worlds *First Avenue*

Editions™

When a meteorite lands in Surrey, the locals don't know what to make of it. But as Martians emerge and begin killing bystanders, it quickly becomes clear—England is under attack. Armed soldiers converge on the scene to ward off the invaders, but meanwhile, more Martian cylinders land on Earth, bringing reinforcements. As war breaks out across England, the locals must fight for their lives, but life on Earth will never be the same. This is an unabridged version of one of the first fictional accounts of extraterrestrial invasion. H. G. Wells's military science fiction novel was first published in book form in 1898, and is

considered a classic of English literature.

Piglettes *Pushkin Children's Books*

"The story of Mireille, Astrid, and Hakima made me cheer, cry, and cartwheel across the floor... One of the loveliest reading experiences I've had in years." — Jennifer Niven, author of *All the Bright Places* and *Holding up the Universe* A wickedly funny and life-affirming coming-of-age roadtrip story - winner of France's biggest prize for teen and YA fiction. Awarded the Gold, Silver and Bronze trothters after a vote by their classmates on Facebook, Mireille, Astrid and Hakima are officially the three ugliest girls in their school, but does that mean they're going to

sit around crying about it? Well... yes, a bit, but not for long! Climbing aboard their bikes, the trio set off on a summer roadtrip to Paris, their goal: a garden party with the French president. As news of their trip spreads they become stars of social media and television. With the eyes of the nation upon them the girls find fame, friendship and happiness, and still have time to consume an enormous amount of food along the way.

Mending a Shattered Heart *eBookIt.com*

When your partner betrays, what are the first steps to picking up the pieces of your shattered heart? Many unsuspecting people wake up every day to discover their loved one, the one person

whom they are supposed to trust completely, has been living a life of lies and deceit because they suffer from a disease-sex addiction. This is a disease shrouded in secrecy and shame. This is your go-to-guide for what to do when you discover your partner is a sex addict. Each chapter is based on frequently asked questions by partners such as: Should I Stay or Should I Go? Is This Going to Get Better? How Do I Set Boundaries and Keep Myself Safe? and What Should I Tell the Kids?

Recovery Start Kit

A 100-day Plan for Addiction Recovery
Gentle Path Press

Recovering America

A More Gentle Way to Build

Malcolm Wells is one of a kind. A pioneer and a legend in ecological building circles, he has created a unique and intimate portrait of architecture in America that will open your eyes to the absurdity of current trends in building. This is a quirky but appealing volume, hand-lettered by the author and filled with color photography and the author's original water colors, all for \$9.95! (The low price is made possible by support from the Graham Foundation, who want the author's vision distributed as widely as possible.) In the author's words, "We look at architecture the wrong way: sideways. To see architecture fully you must tip it up, stand it

on its edge. When you do, you always see dead land on display". The author's solution is to portray America from the air, showing how it is and how it might be. We have bankrupted our landscape. Wells's vision is to literally "recover" America (and indeed the world) by designing buildings that can be covered with earth and then beautifully landscaped. he does not advocate living in holes in the ground, but rather designing structures that do not disrupt the precious skin of the planet. As radical as are Wells's views, they make tremendous sense in terms of energy conservation, resource reduction, and aesthetics. This thoroughly engaging book will interest city

planners, builders, architects, students, or anyone interested in a different vision of our national landscape.

**Make Your Own
Neural Network
Createspace
Independent Publishing
Platform**

A step-by-step gentle journey through the mathematics of neural networks, and making your own using the Python computer language. Neural networks are a key element of deep learning and artificial intelligence, which today is capable of some truly impressive feats. Yet too few really understand how neural networks actually work. This guide will take you on a fun and unhurried journey, starting from very simple ideas, and

gradually building up an understanding of how neural networks work. You won't need any mathematics beyond secondary school, and an accessible introduction to calculus is also included. The ambition of this guide is to make neural networks as accessible as possible to as many readers as possible - there are enough texts for advanced readers already! You'll learn to code in Python and make your own neural network, teaching it to recognise human handwritten numbers, and performing as well as professionally developed networks. Part 1 is about ideas. We introduce the mathematical ideas underlying the neural networks, gently with lots of illustrations and

examples. Part 2 is practical. We introduce the popular and easy to learn Python programming language, and gradually builds up a neural network which can learn to recognise human handwritten numbers, easily getting it to perform as well as networks made by professionals. Part 3 extends these ideas further. We push the performance of our neural network to an industry leading 98% using only simple ideas and code, test the network on your own handwriting, take a privileged peek inside the mysterious mind of a neural network, and even get it all working on a Raspberry Pi. All the code in this has been tested to work on a Raspberry Pi Zero.

Facing Internet Technology and Gaming Addiction: A Gentle Path to Beginning Recovery from Internet and Video Game Addiction *Gentle Path Press*

The internet, smartphones and technology are an integral part of everyday life. But for some users, what often starts out as a method to escape can eventually become a full-blown addiction. Users may find themselves retreating into videogames and other forms of technology to self-medicate loneliness, anxiety or depression, and find themselves isolated and missing out on important areas of life. In *Facing Internet Addiction*,

some of the countries leading experts in technology addiction, adapt the groundbreaking thirty task model used by thousands of therapists worldwide, to treat technology and internet addiction. Using innovative tasks and exercises, the reader can engage in a plan designed to defeat addiction and restore lifestyle balance. This book is designed to be used as an adjunct to therapy, and also works well in conjunction with 12 step programs, or other recovery programs such as SMART recovery. Additionally, it is the first in a series, used in conjunction with recovery zone volumes 1 and 2, by Dr. Patrick Carnes.