

"A superb, groundbreaking book. In her understanding of how true healing occurs — through love and not fear — Kasl adds an entirely new level of understanding to the "uncovery and discovery" movement. I recommend it with my whole heart." — Gencen Roth, author of *When Food Is Love*

MANY ROADS, ONE JOURNEY

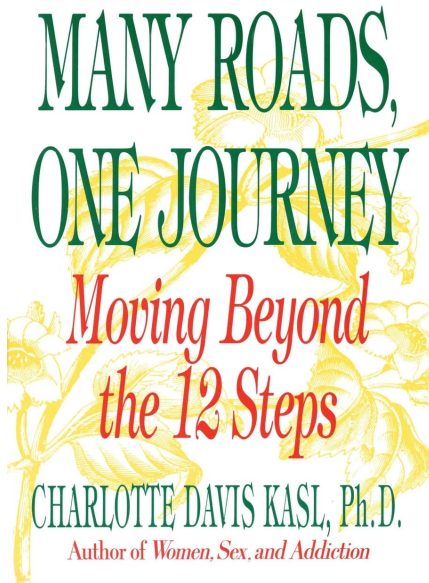
*Moving Beyond
the 12 Steps*

CHARLOTTE DAVIS KASL, Ph.D.

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