



# The Presence at the Center: The Twelve Steps and the Journey Deep Within

Professor James Jennings

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### The Presence at the Center: The Twelve Steps and the **Journey Deep Within**

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The Presence at the Center: The Twelve Steps and the Journey Deep Within Professor James Jennings This guide reflects the author's personal experience with alcohol addictions and his exploration of the 12 steps that inspired his recovery, and became a spiritual force in his life. The 12 steps address transformation, change, the presence of a Higher Power, letting go of reluctance and fear, and the freedom commitment can bring.



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