



# The Gateways: The Wisdom of 12-Step Spirituality

*Jane Galloway*

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The Gateways are...A Gateway, a Bridge, an Opening into living the Spiritual Life that the Steps promise! What YOU get from this is TOOLS, Inspiration, Time to release the Shame and move into the FREEDOM.

Is there more to recovery than just staying sober and clean? Dr. Jane Galloway offers an emphatic "yes" to this question in her groundbreaking 12 Step companion guide, *The Gateways: The Wisdom of 12-Step Spirituality*. Galloway presents the 12 Steps squarely in the context of 21st-century spirituality with breadth, skill, and sensitivity that helps readers of any faith (or of none) experience profound spiritual awakening.

Too many recovery programs fixate on the sickness of addiction and, as a result, trap people in a pathology-centered mindset. Jane Galloway's strength-based approach suggests "Rather than obsessing on what is 'wrong' with a person, learning what is 'right' with them may hold the key to understanding." Incorporating ancient developmental systems like Chinese meridians and the Kabbalah Tree of Life, as well as more recent psychological systems like Maslow's Hierarchy of Needs and Erik Erikson's Eight Ages of Man, *Gateways* presents 12-Step Spirituality as a Wisdom Path. Galloway's 12 corresponding Gateway Essences unlock the power of the Steps through spiritual practices and rituals that make up a customized, holistic Mind, Body, Spirit tool kit.

As a 30+ year member of Alcoholics Anonymous, ordained pastor and Doctor of Ministry, accomplished stage and screen actor, and community organizer, the Rev. Dr. Jane Galloway brings a woman's voice to the chorus of men who have previously spoken on 12-Step spirituality. Her work is inspired by and devoted to AA's founding spiritual vision as it appears in "The Big Book": "To us the realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek." *The Gateways* opens wider vistas to the deeper wisdom within us all.

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