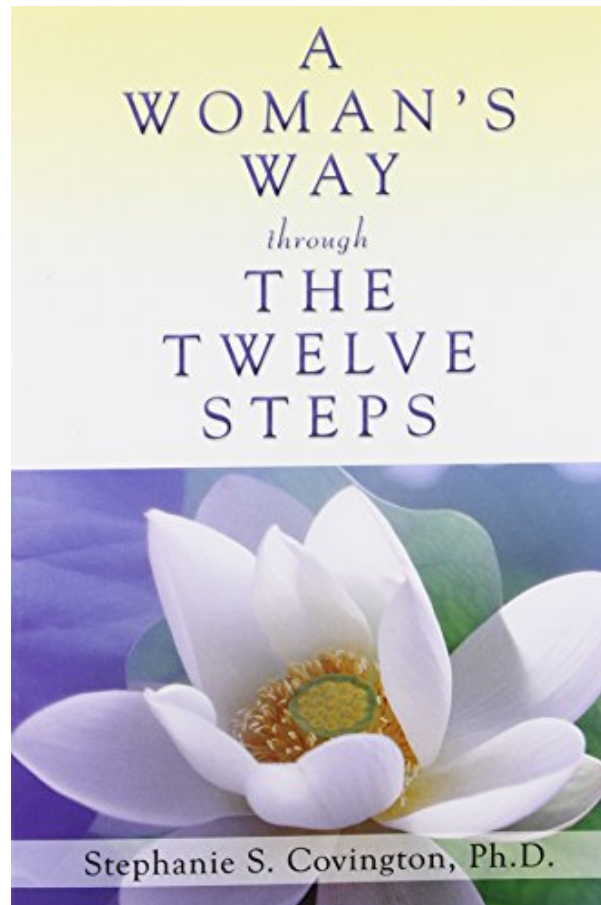
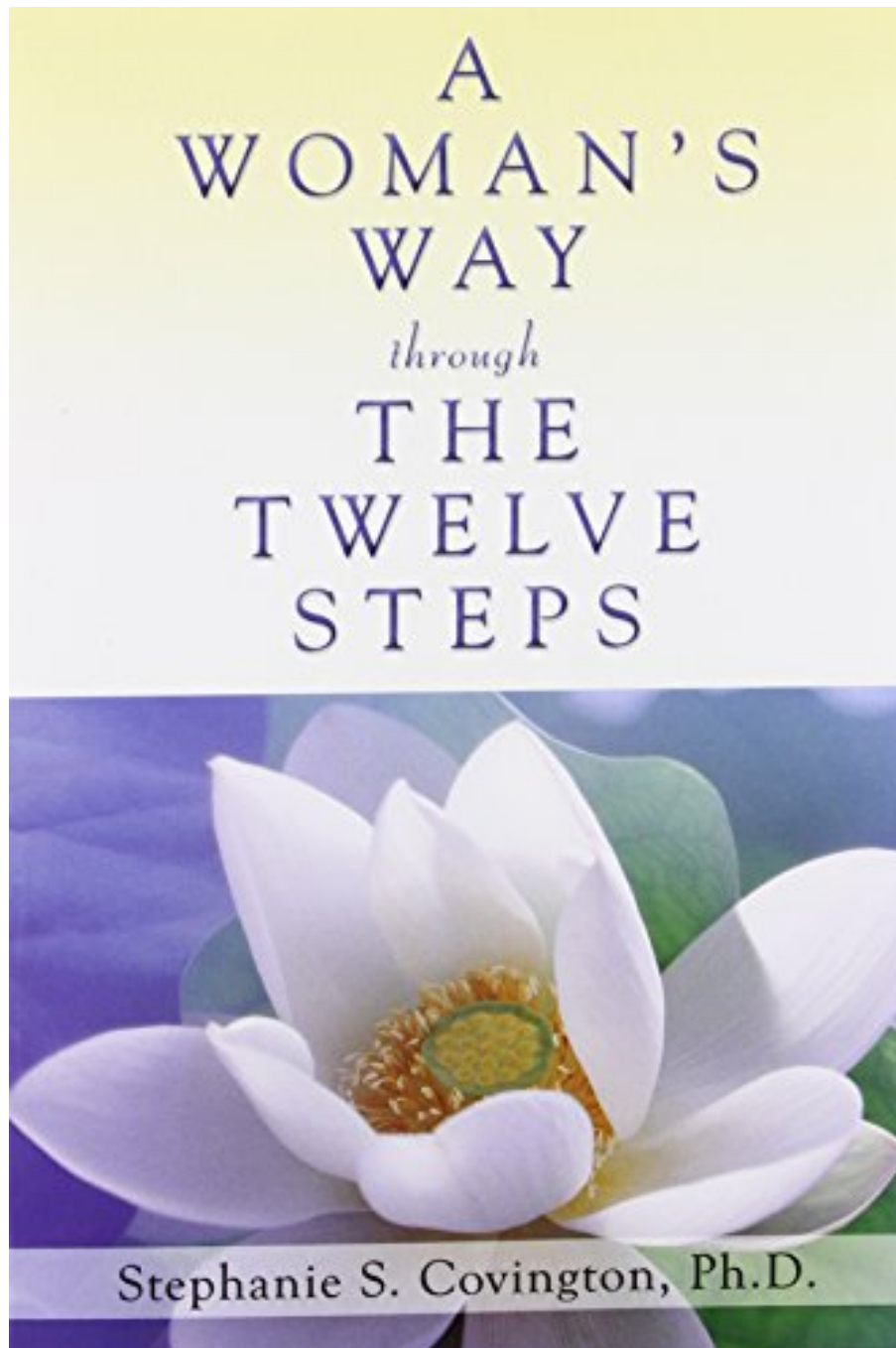


A WOMAN'S WAY THROUGH THE TWELVE STEPS BY STEPHANIE S. COVINGTON



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From the Author

All four components of A Woman's Way through The Twelve Steps (Book, Workbook, Facilitator Guide and DVD) are designed for use with women in residential and outpatient treatment programs, as well as mental health and criminal justice settings. The components can stand alone, but to achieve the best outcomes, it is recommended that all four components be used together as a comprehensive, integrated treatment program for women. Additional information may be found at: stephaniecovington.com/b_awomans.php

About the Author

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Women's recovery can differ from men's, and each person's recovery is in many ways unique. That's why Stephanie Covington has designed A Women's Way Through the Twelve Steps to help a woman find her own path-and find it in terms especially suited to the way women experience not just addiction and recovery but also relationships, self, sexuality, and everyday life. Unlike many "rewritten" Twelve Step interpretations for women, this guide works with the original Step language, preserving its spirit and focusing attention on its healing message.

This compilation of a diverse group of real women's voices and wisdom illuminates how women understand the Twelve Steps of Alcoholics Anonymous and offers inspiring stories of how they have traveled through the Steps and discovered what works for them. The book can be used alone or as a companion to The Twelve Steps and Twelve Traditions of Alcoholics Anonymous.

By drawing attention to how recovery raises special issues for women - from questions about sexuality and relationships to essential topics such as powerlessness, spirituality, and trauma - A Woman's Way empowers women to take ownership of their recovery and to grow and flourish in sobriety.

Also available in Spanish.

- Sales Rank: #3605 in Books
- Brand: Unknown
- Model: 1744770
- Published on: 1994-09-27
- Released on: 1994-09-27
- Original language: English
- Number of items: 1
- Dimensions: 7.25" h x 5.00" w x .50" l, .54 pounds
- Binding: Paperback
- 264 pages

Features

- A Woman's Way Through the Twelve Steps

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By Mary E

This book helped save my life. I'd always had a problem with AA's emphasis on powerless and humility. I already felt overpowered -- pushed around by men in my life, from my father on down. I felt so low; I couldn't imagine feeling any more "humility". But this book showed me that admitting powerless over certain things strengthens your power over other things -- such as your choices in life. And it taught me the difference between feeling humiliated and being humble. Where AA, by itself, made me feel, well, as if the wind were taken out of my sails, this book explain how I could interpret the 12 steps in a new and far more empowering way. Truthfully, AA was written by white upper-class men. And while there is great truth at its heart; the wording can be harsh for women who have been emotionally abused. I am so grateful to this author. I'm not a big self-help reader or fan. But this one did it's job with me.

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