



## A Womans Way through the Twelve Steps

By Stephanie S. Covington

Hazelden. Paperback. Book Condition: New. Paperback. 264 pages. Dimensions: 7.2in. x 5.0in. x 0.6in. Womens recovery can differ from mens, and each persons recovery is in many ways unique. Thats why Stephanie Covington has designed A Womens 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 womens 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 Womans Way empowers women to take ownership of their recovery and to...



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