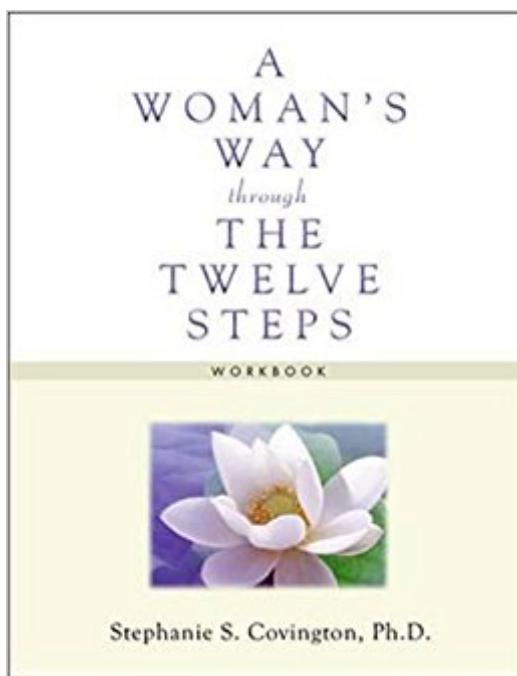


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# A Woman's Way Through The Twelve Steps Workbook



## **Synopsis**

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 this workbook *A Women's Way Through the Twelve Steps Workbook* 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. Deepening and extending the lessons of a book that has helped countless women, this workbook makes *A Women's Way Through the Twelve Steps* that much more measured, meaningful, and clear. 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. In sections devoted to each of the Twelve Steps, Covington blends narrative, self-assessment questions focused on a feminine definition of terms such as "powerlessness" and "letting go," guided imagery exercises, and physical activities. Designed to be used in conjunction with *A Women's Way Through the Twelve Steps*, this workbook helps deepen and extend understanding of the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a woman.

## **Book Information**

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## **Customer Reviews**

*A Woman's Way through The Twelve Steps Workbook* is designed to be used in conjunction with the book *A Woman's Way through The Twelve Steps*. This workbook helps to increase understanding of the lessons in the book and brings them to life with simple exercises and

journaling activities. It further empowers each woman to take ownership of her recovery by documenting her growth and recovery process in a personally meaningful way.

Dr. Stephanie S. Covington is a nationally recognized clinician, author, organizational consultant, and lecturer. She is a pioneer in the field of women's issues, addiction, and recovery. She has developed an innovative, gender-responsive, and trauma-informed approach to the treatment needs of women and girls that results in effective services in public, private, and institutional settings. Her presentations, staff-development seminars, and technical assistance focus on systems change and the development of caring, compassionate, and empowering therapeutic environments. They provide professionals an opportunity to learn new skills for dealing with personal, institutional, and societal changes and are always in demand, both nationally and internationally. Dr. Covington is based in La Jolla, California, where she is co-director of the Institute for Relational Development and the Center for Gender and Justice, which seeks to expand gender-responsive policies and practices for females who are under criminal justice supervision. Among the many articles and books written by Dr. Covington are: \*Women and Addiction: A Gender-Responsive Approach\* *Awakening Your Sexuality: A Guide for Recovering Women* \* *Leaving the Enchanted Forest: The Path from Relationship to Addiction to Intimacy* She also has program materials to help meet the needs of women and girls. The following curricula include training manuals for professionals and complementary materials for participants: \* *Helping Women Recover: A Program for Treating Addiction* (with a special edition for the criminal justice system) \* *Beyond Trauma: A Healing Journey for Women* \* *Voices: A Program of Self-Discovery and Empowerment for Girls* \* *A Woman's Way through The Twelve Steps* For a list of Dr. Covington's recent articles, and descriptions of her current seminars for professionals, visit: [stephaniecovington.com](http://stephaniecovington.com) and [centerforgenderandjustice.org](http://centerforgenderandjustice.org).

Because so many women are their own worst enemy, the approach in this book is a more positive way to approach the steps. We beat ourselves up enough, so focusing only on our defects is not so healthy. This approach makes us look for the positive aspects of ourselves as well

This is a great alternative to the Big Book of AA. It is written in a way that speaks to women. Yes, it's

true, men and women do speak a different language.I first got this for a young woman I was working with. Since then, it is one of my go to books on the subject of addiction.

I have used the big book in the past and really like this set a lot better! It's more for today's times, easy to read, understand, and it's excellent for ladies in recovery. Whereas the big book can focus on the negative, this is a really positive resource. I read the main book that accompanies this, then work in the workbook. I would recommend this for any lady or even guys who are looking for a book to help in recovery.

My Women's home group, uses this book in conjunction with the traditional A A Twelve & Twelve. We are a step meeting, and find the Woman's way extremely helpful with it's view from a woman's perspective. It does not bash the standard step book; for me, it enhances my understanding it helps to simplify Bill W.'s language. I do recommended this book to any woman seeking to recover from any addiction- alcohol, drugs, sex, eating disorders, etc.- but do use with the original A. A. text. .

I have used this book personally and professionally for recovery issues. I can't recommend it highly enough. If you or someone you care about is in early recovery or even if you are in recovery a long time and could use a refresher, this book is phenomenal. It is written simply, with no "jargon" and is very helpful in guiding you to focus on what you need to in order to live a purposeful and peaceful life in recovery, step by step. Progress not perfection. I give it to all my female counseling clients.

I have used this with a group in the past and this is the second time I have used it. So obviously I like it.

I am working through this book with 10 women in my women's meeting that is held at my house, we have a mix of women early in sobriety and then others who have a lot of time. This book has been so instrumental in our sobriety, the book really digs deep into issues that women have in sobriety that are so different than what men go through. I have to say the process is taking a lot longer than we had anticipated, again because of the depth of the teaching.I would recommend for any woman in sobriety, new or with time.

Bill W says buy this book and go to a meeting!

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