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A Woman's Way through the Twelve Steps Workbook

Stephanie S. Covington

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A Woman's Way through the Twelve Steps Workbook Stephanie S. Covington
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* 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 Woman'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 Woman'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.

A clinician and past consultant at the Betty Ford Center, Stephanie S. Covington, Ph.D., L.C.S.W., is the author of *A Woman's Way Through the Twelve Steps*, *Leaving the Enchanted Forest: The Path from Relationship Addiction to Intimacy*, and *Awakening Your Sexuality: A Guide for Recovering Women.*

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