



# **A Woman's Way through the Twelve Steps Workbook**

*Stephanie S. Covington*

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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 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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Book is to be different per grade. Book for children till adult are different content. As it is known to us that book is very important for all of us. The book A Woman's Way through the Twelve Steps Workbook seemed to be making you to know about other understanding and of course you can take more information. It is quite advantages for you. The book A Woman's Way through the Twelve Steps Workbook is not only giving you much more new information but also to be your friend when you truly feel bored. You can spend your own personal spend time to read your publication. Try to make relationship using the book A Woman's Way through the Twelve Steps Workbook. You never experience lose out for everything in the event you read some books.

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As people who live in often the modest era should be revise about what going on or data even knowledge to make these people keep up with the era that is always change and advance. Some of you maybe can update themselves by reading through books. It is a good choice in your case but the problems coming to a person is you don't know what type you should start with. This A Woman's Way through the Twelve Steps Workbook is our recommendation to help you keep up with the world. Why, because book serves what you want and want in this era.

#### **Blanche Ball:**

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love A Woman's Way through the Twelve Steps Workbook, you are able to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout guys. What? Still don't get it, oh come on its identified as reading friends.

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