



A Woman's Way through the Twelve Steps Workbook

By 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 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.

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Editorial Review

From the Author

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.

About the Author

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 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 and centerforgenderandjustice.org.

Users Review

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Johnnie McCormick:

This A Woman's Way through the Twelve Steps Workbook is brand-new way for you who has curiosity to look for some information mainly because it relief your hunger info. Getting deeper you onto it getting knowledge more you know otherwise you who still having little bit of digest in reading this A Woman's Way through the Twelve Steps Workbook can be the light food in your case because the information inside this kind of book is easy to get simply by anyone. These books develop itself in the form which can be reachable by anyone, yep I mean in the e-book application form. People who think that in guide form make them feel tired even dizzy this e-book is the answer. So there is not any in reading a guide especially this one. You can find actually looking for. It should be here for an individual. So , don't miss that! Just read this e-book style for your better life in addition to knowledge.

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On this era which is the greater particular person or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple approach to have that. What you must do is just spending your time not much but quite enough to enjoy a look at some books. One of the books in the top listing in your reading list is actually A Woman's Way through the Twelve Steps Workbook. This book that is certainly qualified as The Hungry Hillside can get you closer in becoming precious person. By looking right up and review this reserve you can get many advantages.

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