

# Download A Womans Way Through The Twelve Steps

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.

A Woman's Way through The Twelve Steps: A New Approach Stephanie S. Covington, PhD, LCSW Institute for Relational Development Center for Gender and Justice

Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings

A Woman's Way Through The Twelve Steps by Roger · Published July 8, 2012 · Updated November 28, 2018 Reviewed by Linda R.

A Woman's Way through the Twelve Steps Stephanie S. Covington, Ph.D. Contents Dedication Acknowledgments Special Acknowledgments Introduction

About This Program. Target Population: Women and teenage girls with addictive disorders For children/adolescents ages: 14 – 17 Program Overview

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 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 ...

The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

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A Womans Way Through the Twelve Steps. Women's recovery can differ from men's, and each person's recovery is in many ways unique.

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