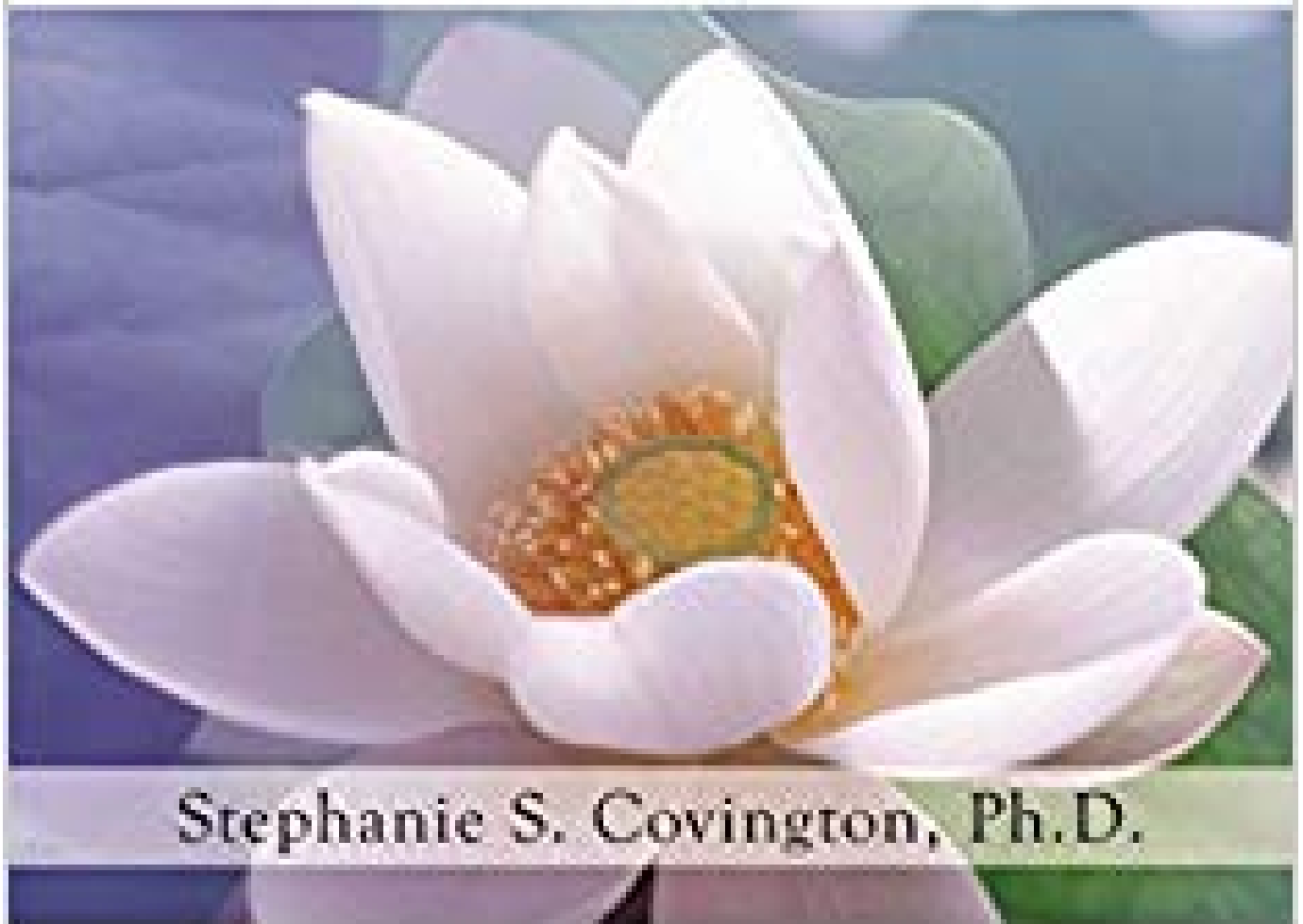


A
WOMAN'S
WAY
through
THE
TWELVE
STEPS



Stephanie S. Covington, Ph.D.

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A Womans Way Through The Twelve Steps



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Women's recovery can differ from men's, and each person's recovery is definitely in lots of ways unique. By drawing focus on how recovery raises particular issues for females - from queries about sexuality and human relationships to essential topics such as for example powerlessness, spirituality, and trauma - A Woman's Way empowers women to take possession of their recovery and to grow and flourish in sobriety. Unlike many "rewritten" Twelve Stage interpretations for females, this guide works with the original Step language, preserving its spirit and focusing attention on its healing message. The book can be used alone or as a companion to The Twelve Steps and Twelve Traditions of Alcoholics Anonymous. This compilation of a diverse band of actual women's voices and wisdom illuminates how females understand the Twelve Techniques of Alcoholics Anonymous and offers inspiring stories of how they possess traveled through the Guidelines and discovered what works for them. That is why Stephanie Covington offers designed A Woman's Way Through the Twelve Steps to help a woman find her own path-and think it is in terms especially suited to the way women experience not just addiction and recovery but also romantic relationships, self, sexuality, and everyday existence. Also available in Spanish.



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Lovely book Well written, thoughtful and incredibly gentle and loving. All of the dialog in the books had been created in the "he" perspective. I am dealing with another sponsee upon this reserve.). In AA that is particularly accurate, to the detriment of many women's recovery unfortunately. Gives me too much to chew on!), therefore if you are female or dark or gay or whatever, it's rather a challenge.. The august Big Publication is a template, it is not the tablets brought down by Moses.! Accepting different perspectives would be a positive thing for AA, and maybe one day it'll be more open-minded. I have meet a lot of women who cannot stay sober because they try and follow AA since it is plus they don't pay attention to their very own instincts and "mom wit," so to speak..I'm sure that with a small amount of time back again at the bar.your off the hook. It's pretty wordy, but it has a lot to state, so I'm Okay with that.AA is often filled with middle-aged light men (ok, sorry in case you are one!.A. Super for Women This is an excellent book to take women through the 12 steps in AA. Relevant I simply started this with my Sponsor.. Definitely helpful Great information through the 12 steps I really like this book We actually started with the workbook through a pal. Highly Recommend! Any suggestion that the Big Publication (Alcoholics Anonymous) ought to be changed from those early years and tales was like saying the Bible should be changed. It definitely is a wonderful addition for women who are in a 12 Step program. Excellent 12 Step Recovery book for WOMEN. Highly recommend!! I'm not alone! One of the issues with the Alcoholics Anonymous Plan for ladies is that the two founders and all the stories in those days were about guys. When AA was founded, they did not let women in to the rooms and didn't consider them as requiring the help. A man's club to be sure.Unfortunately this is simply not "sanctioned" by AA, so an organization has to consent to use it. Women, therefore, had to relate with stories of men's perspectives. As women, we take a lot of 'stuff' (so to speak) from the world around us. Understandable for the 1930's and the founding fathers. This "radical" publication allows women a tone of voice in the rooms where they are often don't have a voice. as well as your having a little bit of trouble with some of your "fellows". I went to a women's conference for years which used this as its step book and so much more was openly talked about than using just the AA 12 Stage book. I really appreciate the recommendation and I will recommend it to additional women who are working through these actions of recovery. We are stronger as a group due to our differences, not in spite of them. (compiled by female 27 years sober) Thorough, mindful guidance through the steps! Third time through the Steps, therefore it's a new experience. The exercises have already been helping to instruction me through the 12 techniques. It was recommended if you ask me by someone who has been in the program for 20+ years.! It generally does not have to strictly become for alcohol either, it could be put on any addiction you are trying to work through. This book shows us how to behave as humans through the practice of the 12 steps. We are told what to do, how to do it, smile, be enjoyable, don't make waves, be 'good'(what does that actually mean? I have already been through it in a meeting I use to go to. This book and workbook together helps women to understand themselves better, and help their recovery go forward. And I experience it's important because women have a different make-up and various challenges that males don't have.. It's even more for today's times, easy to read, understand, and it's really excellent for ladies in recovery. Whereas the big book can concentrate on the negative, this is a really positive resource. I read the main publication that accompanies this, after that function in the workbook. I must say i connect with it. "A great reserve for anybody doing the 12 measures" This book makes the 12 steps less intimidating for everyone, including men. Great book and workbook, really helps especially new comers in Recovery This is a wonderful book for ladies in recovery from any hurt, habit or hang-ups. In the event that you brand-new to A. because of the word "GOD" and the people who have their "smiling faces". It enables a woman's perspective to be heard and helps womens' reality as it

relates to the recovery process... don't blame yourself. Great for Ladies I have used the big book in the past and enjoy this set better!only remember that the universe of the spirit is broad and roomy.. It's great to know that other ladies out there have gone through what I went through and that we aren't alone. generally inclusive and never exceptional... It's written beautifully and thoughtfully for ladies.. That is a simply fantastic work book to go with the book This is a simply fantastic work book to go with the book. A Women's way is an extremely an excellent compliment to the AA plan, in a Women's format!. I knocked a celebrity off since it has a great deal of unspoken assumptions in what experiences are normal to women. It's pretty wordy, nonetheless it has a lot to say We're using this today in my own Step Meeting... and that is the message of A. Single women, childless females, gay ladies, and trans women will want to skip or skim some stretches. in the event that you were sacred out of A.A.A. We females possess wisdom, and we all have been better served whenever we allow that to be section of the process.. This publication is a start. This lovely little reserve is very supportive of our differences as ladies and it certainly lifts us up and says, just because AA says this won't mean that is the only way to look at the issue. the drugs and the booze will scare you back in. Great book to utilize sponsee Publication is helped by companion workbook Three Stars great read Gets the work done A good workbook Great book This book is indeed good. Love this undertake the 12 techniques.or any addiction. Finally got the publication. I'm happy I picked one up.. This book is pretty amazing. Up to now I really like it..welcome!!! I just started reading this with my sponsor and it's amazing so far. I would recommend this for just about any lady or actually guys who are looking for a book to help in recovery.If your new or your returning. Guys have the same experiences too but it's simply different to browse a fellow women's viewpoint.. I really like how other women share their personal addiction encounters in it. Awesome book!



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