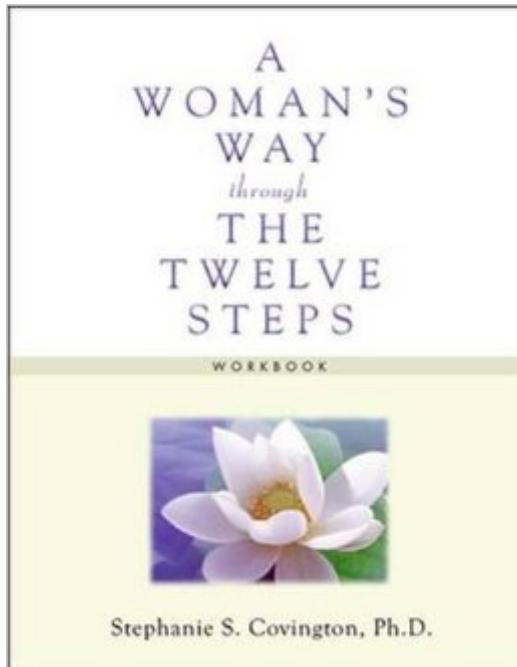


The book was found

# A Woman's Way Through The Twelve Steps Workbook



## **Synopsis**

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.

## **Book Information**

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Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ (149 customer reviews)

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## **Customer Reviews**

This is definitely a head's up and listen up for women in recovery....using this in conjunction with "A Womans' Way Through the Twelve Steps" is a sure way to add to any other 12 step program that you may be using. I am a person who has been in recovery for 10 years, and found that many

women's issues were not being addressed and this combination is an absolute winner. It can be used by yourself, working with a sponsor or in a group ..some wonderful "aha's" have been experienced and so many women helped in this process. Read it...do it....you won't be sorry.

I have used this book personally and professionally for recovery issues. I can't recommend it highly enough. If you or someone you care about is in early recovery or even if you are in recovery a long time and could use a refresher, this book is phenomenal. It is written simply, with no "jargon" and is very helpful in guiding you to focus on what you need to in order to live a purposeful and peaceful life in recovery, step by step. Progress not perfection. I give it to all my female counseling clients.

A Woman's Way Through the twelve steps workbook is a great tool to accompany Stephanie Covington's book "A Womans Guide through the Twelve Steps. The questions are insightful and to the point without being overwhelming. I have found these two books to be an immeasurable asset to working the twelve steps.

This workbook is FABULOUS!!! You don't even need the companion book, you can simply use it in conjunction with the AA approved Twelve and Twelve. I would DEFINITELY HIGHLY RECOMMEND this workbook!

This is a good workbook to do the 12 steps of AA. It is designed for women, by a woman. It gives guidance and suggestions on working the steps. I found it much less intimidating than sitting down with a blank piece of paper. It has an accompanying book of the same title which is also very good, but not necessary to complete the workbook

The workbook is a wonderful companion to the book. I gain so much more understanding and insight to the 12 steps. Be sure to get both books, it is worth it!

Because so many women are their own worst enemy, the approach in this book is a more positive way to approach the steps. We beat ourselves up enough, so focusing only on our defects is not so healthy. This approach makes us look for the positive aspects of ourselves as well

I've worked through the 12 steps through this book before, and getting the workbook has just added even more to the experience. It covers everything from alcoholism, codependency, eating disorders,

and love/sex addiction. It's a great addition to the Big Book and 12 and 12.

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