



# A Woman's Way through the Twelve Steps

*Stephanie S. Covington*

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## **A Woman's Way through the Twelve Steps** Stephanie S. Covington

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, and everyday life. 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.

This compilation of a diverse group of real women's voices and wisdom illuminates how women understand the Twelve Steps of Alcoholics Anonymous and offers inspiring stories of how they have traveled through the Steps and discovered what works for them. The book can be used alone or as a companion to *The Twelve Steps and Twelve Traditions of Alcoholics Anonymous*.

By drawing attention to how recovery raises special issues for women - from questions about sexuality and relationships to essential topics such as powerlessness, spirituality, and trauma - *A Woman's Way* empowers women to take ownership of their recovery and to grow and flourish in sobriety.

Also available in Spanish.

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