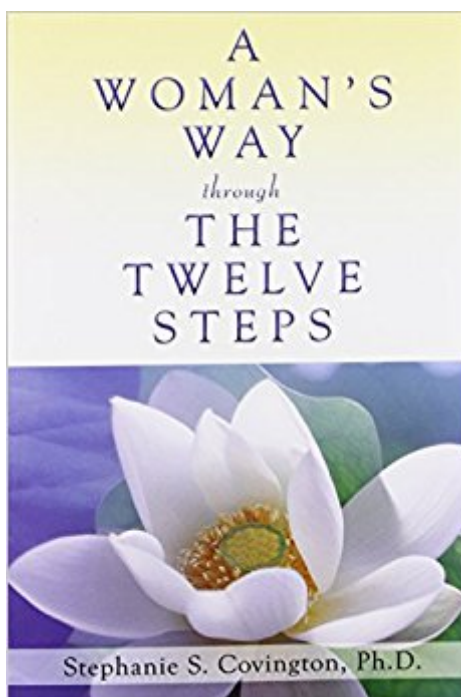


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# A Woman's Way Through The Twelve Steps



## 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 *A Woman'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.

## Book Information

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## Customer Reviews

I really like this book, as a formal reference used with sponsees, and as a refresher / breath of fresh air for my own program. The official literature of AA is often difficult for newcomers who have survived sexual trauma, don't read at all well, or have been badly hurt by a mainstream religion. This book works well in conjunction with the official literature to address all three of those concerns.

It's readable, in plain English, and deftly sums up a wide range of current approaches to the steps. Not perfect, but a major improvement!

For over 70 years 12 step programs have proved to be a highly successful means for recovery from a wide range of issues. But all 12 step programs are based on the 12 steps of Alcoholics Anonymous, an organization founded by men for men. Women have traditionally had difficulty fitting these steps into a recovery program that they can be comfortable with. Stephanie Covington, Ph.D. addresses the difficulties women have with the traditional, male oriented, step language. Rather than alter the traditional 12 steps she focuses on the healing message in the 12 steps using the original step language, making them accessible to women from a wide range of backgrounds. Each step is explored and the various issues and reservations women have with the 12 steps are addressed utilizing the experiences of women in recovery and how they came to terms with the difficulties that women often experience with the traditional 12 steps. Although the main thrust of the book is addiction she carries over the ideas of the addictions based programs and looks at the experience of women in such areas as relationships, sexuality, spirituality and everyday life. *A Woman's Way Through the Twelve Steps* is a comprehensive resource for women in recovery no matter what 12 step program they participate in. It is the rare woman that won't see herself somewhere in it's pages and come away with something that can enhance her recovery.

This book helped save my life. I'd always had a problem with AA's emphasis on powerless and humility. I already felt overpowered -- pushed around by men in my life, from my father on down. I felt so low; I couldn't imagine feeling any more "humility". But this book showed me that admitting powerless over certain things strengthens your power over other things -- such as your choices in life. And it taught me the difference between feeling humiliated and being humble. Where AA, by itself, made me feel, well, as if the wind were taken out of my sails, this book explain how I could interpret the 12 steps in a new and far more empowering way. Truthfully, AA was written by white upper-class men. And while there is great truth at its heart; the wording can be harsh for women who have been emotionally abused. I am so grateful to this author. I'm not a big self-help reader or fan. But this one did it's job with me.

Clearly written and with a real understanding of female approach to a 12 step program, this book is useful for women in recovery. I think it also has something to say to those who are seeking an approach to deal with other issues, such as emotional or anxiety disorders, etc. In any case, it

expands on the basic themes of the program and helps expand their meaning to fit the different viewpoint many women bring to the process. I liked the compassionate tone; the forgiving and self-accepting meaning of the original message is only amplified in the author's discussions of the steps. It makes you feel as if you have another ally in your work. Well worth reading, and I'd even say it has something to say to you even if you are not in a recovery program.

This book and the workbook effectively speak to the unique experience of women with addictions, and offer strong insights and guidance to aid women in recovery that go beyond what the 12 & 12 offers. Of all the literature I've used both as a participant and moderator/leader of step groups over 21 years, this is by far the best for women.

I just started going to meetings and am intimidated by reading the Big Book. Something about it reminds me of Catholic school and the bible. This was the first text that I read about the twelve steps and recovery. It was easy to read and very straightforward while also providing important insights. I liked that the author included real women's experiences because it made the book relatable to my current situation.

This is a well written and thought provoking addition to my resource library. I don't find it heavy handed in it's message about there being a 'woman's way' with the 12 Steps. Quite the opposite; the book presents subtle information culled from thorough research.

One of the issues with the Alcoholics Anonymous Program for women is that the two founders and all the stories at that time were about men. When AA was founded, they did not let women into the rooms and did not consider them as needing the help. A man's club to be sure. Any suggestion that the Big Book (Alcoholics Anonymous) should be changed from those early years and stories was like saying the Bible should be changed. Women, therefore, had to relate to stories of men's perspectives. All the dialog in the books were written in the "he" perspective. Understandable for the 1930's and the founding fathers. This "radical" book allows women a voice in the rooms where they are often do not have a voice. It allows a woman's perspective to be heard and supports womens' reality as it relates to the recovery process. Highly Recommend!!! (written by female 27 years sober)

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