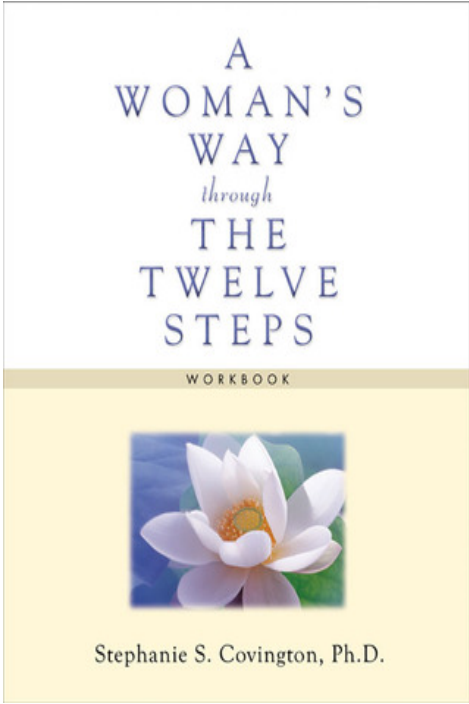


E-Book lesen A Woman's Way through the Twelve Steps Workbook

By Stephanie S. Covington



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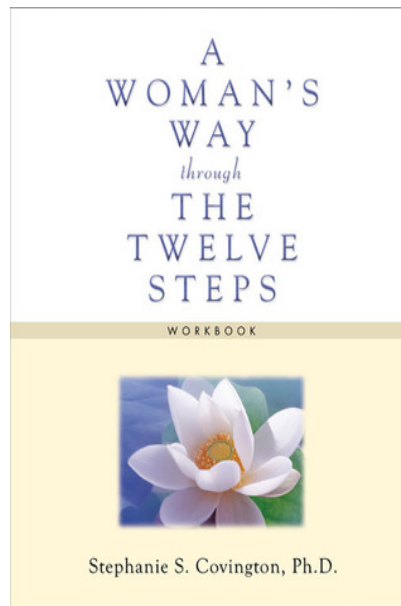
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Books Descriptions

Designed to be used in conjunction with *A Woman's Way through the Twelve Steps*, this workbook helps deepen and extend the understanding of the lessons taught 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. Unlike many interpretations of the Twelve Steps for women, this workbook uses the original Steps language, preserving its spirit and focusing attention on its healing message. Covington guides women to reinterpret the Steps to support their own recovery. "When we look inside ourselves and reframe the original wording in the way that works best for us, then each of us, individually, can discover the meaning for ourselves," she writes. 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

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