

A Womans Way Through The Twelve Steps

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An Integral Guide to Recovery - Guy Du Plessis 2015-02-02

Sacred Woman - Queen Afua 2012-06-20

The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

12 Step Workbook - M V Peterson 2007-06

The basic principles of many of the popular twelve step programs are combined in this book into one easy text, covering problems with: Alcohol Drugs Gambling Anger Food Relapse People, Places, & Things. This book will benefit anyone suffering from these destructive behaviors by using a series of open-ended questions to work the twelve steps of recovery programs.

Alcoholics Anonymous - Alcoholics Anonymous World Services 1986

The basic text for Alcoholics Anonymous.

How to Write a Book in 24 Hours - James Green 2015-03-09

Best-selling author James Green shares his own ground-breaking 6-step formula for producing top quality, highly successful non-fiction books in just 24 hours. 24 Hour Bestseller: How to Write a Book in 24 Hours will provide you with a 6-step writing blueprint that you can set on full 'rinse and repeat mode' providing you with a step-by-step recipe for writing success. After becoming disillusioned with his own writing struggles, the author decided to completely re-engineer the entire process, providing a plan for: generating and validating new book ideas; creating comprehensive book outlines; writing in a quick, easy and enjoyable way; publishing the completed books effortlessly. Inside 24 Hour Bestseller, you will learn: How to stir your creative juices to constantly think up new book ideas; How to validate and evaluate your ideas for maximum profit; How to create a solid book outline that will make the writing process a breeze; How to turn your writing into a fun game; How to stay motivated; When to outsource (and when not to); How to craft your book title and description for maximum impact; How to publish your book to KDP easily; Book pricing strategies; And much more... If you've become overwhelmed and disillusioned with the whole writing process, this book will be your guide and your tonic, re-energizing your authoring efforts. You'll be more productive than ever, and most importantly, you will find writing enjoyable once again! Whether you're a complete novice and have never even written a book before, are struggling to come up with new book ideas, or are a seasoned author who simply needs some tips on how to write more effectively, then this book is for you. 24 Hour Bestseller will guide you step-by-step through the entire formula and get you authoring for success once more!"

The Twelve Steps Of Alcoholics Anonymous - Anonymous 2009-10-23

This book brings together a series of short discussions from various authors who interpret the Twelve Steps. The Twelve Steps of Alcoholics Anonymous form the cornerstone of one of the most effective programs for recovery from alcoholism. The steps have also been successfully adapted for use in the treatment of many other dependencies. This book brings together for the first time a series of short discussions that interpret each of the Twelve Steps—from the admission of individual powerlessness over alcohol that occurs in Step One, to the moral inventory of Step Four and the spiritual awakening of Step Twelve. Each

discussion has a separate author, demonstrating the diversity of voices that is at the heart of AA, and each author provides insights that keep the steps fresh and meaningful, whether they've been read once or a hundred times.

The Queen Who Saved Herself - Fiona Purcell 2017-11-29

A touching and uplifting fairy tale about a queen who realizes that she must fight her own dragons. Realizing that nobody else can see the beasts who have haunted her since childhood, she embarks on a quest that takes her far from her family and castle to conquer them herself. A story of courage and recovery that touches on mental illness, trauma, addiction and co-dependence and explains the process of a 12-step recovery in terms that children can understand. The author—herself an alcoholic who has suffered childhood trauma—wrote the story initially for the sake of explaining these challenges to her own children. She now hopes that other children will benefit from the story by fostering a family dialogue about recovery, addiction and the pursuit of stronger mental health. A portion of the proceeds from the sale of this book will be donated to an addiction recovery scholarship fund.

What Is Normal? - Ginny Scales Medeiros 2015-02-16

This fascinating story follows the life of a young girl, Sue, who was born into abuse and poverty. Sue defeated the odds, winning through her own grit, determination and humorous ingenuity. She made her way from the backwoods of upstate New York, and lived in a trailer with her uneducated, teenage parents—a structure that eventually became a chicken coop. Feeling invisible, she learned to take advantage of that invisibility and embarked on a Dickensque-lifestyle of petty theft. By the time she was a young teenager, she had discovered the misguided benefits of drugs and alcohol. Sue emerged from the most likely NOT to succeed...into a success. On her own at 15, she invented a product sold on QVC. Battling her demons, Sue finally WINS over self-destruction and the world's fantasy of What Normal is—and found her authentic self.

The Twelve Steps for Everyone - Jerry Hirschfield 2010-12-21

This compassionate, insightful book is an adaptation of the Twelve Steps of Alcoholics Anonymous for anyone seeking a practical path to spiritual and emotional freedom. This classic Twelve Step book has sold more than one half-million copies to date. A caring adaptation of the Twelve Steps of Alcoholics Anonymous for anyone seeking a practical path to spiritual and emotional freedom. This compassionate, insightful book is written in the language of the heart, and is used by both lay people and professionals.

Kintsukuroi Heart; More Beautiful for Having Been Broken - Amie Gabriel 2020-11-24

There are defining moments in a woman’s life when something happens – either by choice or circumstance – that changes everything. Praise for Kintsukuroi Heart ☐☐☐☐ Couldn't put it down! Verified Purchase “The stories in this book are thoughtfully written with beautiful descriptive language and themes that we can all connect with and learn from.” ☐☐☐☐ Wonderful honest read. Verified Purchase “I really loved this book. HIGHLY recommend for anyone struggling with life's inevitable roadblocks and how to successfully move past them in a meaningful lasting way.” ☐☐☐☐ If this book comes to you read it! Verified Purchase “It will change you and infuse your brokenness with gold. Told in short stories with a surprising twist at the end it has the ability to heal you.” ☐☐☐☐ My highest recommendations! Verified Purchase “I love this book. So much. Amie Gabriel has written with emotional honesty that will make you cry and sometimes laugh. Such is life, right? If you’ve ever struggled with life you will be able to relate. Realize that you are not alone and that not only will you survive but that evidence of your cracks just make you more beautiful.” About Kintsukuroi Heart Different ages. Different decades. Different circumstances. There are specific events in our lives that shift our paths, write our stories and break our hearts, adding layers, depth and complexity to the clean-slated girls we once were. Each chapter in Part I of Kintsukuroi Heart is a non-fiction stand-alone story. A

collection of vignettes offering glimpses of the exact moment in a woman's life when something happens, either by choice or circumstance, that changes her course. In Part II we see how these experiences, though deeply personal and unique, are the threads that intertwine and connect us all, fostering compassion and empathy for one another and, hopefully, for ourselves. In Part III we see how, as women, like all forces of nature and works of art, our beauty is formed through refraction, revealed in dimension and contrast, shadow and light, our benevolence becoming both the result and the salve, the subject and lens. The road may be beastly but the result, if allowed, can be spectacular. "Kintsukuroi: kintsu-kuroi (noun) (v. phr.) 'To repair with gold.' The Japanese art of mending broken pottery with lacquer dusted or mixed with powdered gold, silver, or platinum. As a philosophy, it treats breakage and repair as part of the history of an object rather than something to disguise, understanding that the piece becomes more beautiful for having been broken. Relevant Tags: Sober Reading, sober book club, quit lit, addiction recovery books, surviving loss book, Alcoholism, book on alcoholism recovery, alcoholism, drug addiction, sober, sobriety, starting over topics include grief, depression, self-esteem, loss of marriage, substance abuse, addiction and recovery, law of attraction, starting over, job loss, career shifts, self-empowerment, taking responsibility for the direction of your life, making positive change, and more.

Book Launch Formula - Justin Ledford 2017-04-30

How To Write, Publish, & Market Your First Non-Fiction Book Around Your Full Time Schedule Become an Authority, Build Your Brand, & Create A Passive Income

A Woman's Way through the Twelve Steps - Stephanie S Covington 2009-06-03

Geared specifically to women, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Recovery is not a man's world, and yet to a woman it can sometimes seem that way. Geared specifically to that woman, this book brings a feminine perspective to the Twelve Step program, searching out the healing messages beneath the male-oriented words. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women in particular. Acknowledging that recovery raises special issues for women--from questions about sexuality, relationships, and everyday life to anxieties about speaking up at mixed-gender meetings--A Woman's Way through the Twelve Steps focuses directly on the feminine experience of addiction and healing. The author explores the Twelve Steps one by one, reiterating each in its traditional language, then explaining and illustrating it in a way that highlights a woman's experience--empowering the reader to take ownership of her own recovery process as well as her growth as a woman.

Recovery - Russell Brand 2017-10-03

A guide to all kinds of addiction from a star who has struggled with heroin, alcohol, sex, fame, food and eBay, that will help addicts and their loved ones make the first steps into recovery "This manual for self-realization comes not from a mountain but from the mud...My qualification is not that I am better than you but I am worse." —Russell Brand With a rare mix of honesty, humor, and compassion, comedian and movie star Russell Brand mines his own wild story and shares the advice and wisdom he has gained through his fourteen years of recovery. Brand speaks to those suffering along the full spectrum of addiction—from drugs, alcohol, caffeine, and sugar addictions to addictions to work, stress, bad relationships, digital media, and fame. Brand understands that addiction can take many shapes and sizes and how the process of staying clean, sane, and unhooked is a daily activity. He believes that the question is not "Why are you addicted?" but "What pain is your addiction masking? Why are you running—into the wrong job, the wrong life, the wrong person's arms?" Russell has been in all the twelve-step fellowships going, he's started his own men's group, he's a therapy regular and a practiced yogi—and while he's worked on this material as part of his comedy and previous bestsellers, he's never before shared the tools that really took him out of it, that keep him clean and clear. Here he provides not only a recovery plan, but an attempt to make sense of the ailing world.

The Little Big Book Dictionary and Concordance for Included Words - Lyle Parkins 1998-11-04

Twelve Step Sponsorship - Hamilton B. 2009-09-29

Twelve Step Sponsorship is the first truly comprehensive look at

sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Sponsorship is a rich and enduring part of tradition of Alcoholics Anonymous. Twelve Step Sponsorship delivers both the theory and practice--how to do it and why--in a clear, step-by-step presentation. Written by the author of *Getting Started in AA*, a widely acclaimed guide for the newcomer to the program of AA, Twelve Step Sponsorship is the first truly comprehensive look at sponsorship, a role recovering people benefit from both as sponsees and ultimately as sponsors. Twelve Step Sponsorship includes informative sections that deal with: finding a sponsor and being a sponsor. Twelve Step Sponsorship offers a welcome reinforcement to the tradition of "passing it on" from one generation of sponsors to the next.

Daddy's Briefcase - Ashley Murphy 2010-12

Life with Hope - Marijuana Anonymous 2020-06-02

Similar to *The Big Book of Alcoholics Anonymous*, *Life with Hope* thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). "How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous." Similar to *The Big Book of Alcoholics Anonymous*, *Life with Hope* thoroughly explains the Twelve Steps and Twelve Traditions as they relate to individuals with cannabis use disorder. The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, A Doctor's Opinion about Marijuana Addiction. *Life with Hope* is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

Leaving the Enchanted Forest - Stephanie S. Covington 2010-10-26

Advice and step-by-step guidelines for those seeking to recover from addictive relationships.

A Good First Step - Richard A. Hamel 1994-04-19

A Good First Step

A Gentle Path Through the Twelve Steps - Patrick Carnes 2012-04-13

A Gentle Path through the Twelve Steps Updated and Expanded

Seasons of the Spirit - Sally Coleman 1994-03-01

Seasons of the Spirit

We're Not All Egomaniacs - Beth Aich 2021-09-16

Some people come to Alcoholics Anonymous feeling terrible about themselves and are told, bewilderingly, that their problem is too much ego and a lack of humility. Bill W., who wrote most of the AA literature, described himself as an egomaniac. He put his own needs and wants ahead of others, was grandiose, felt entitled, and thought he was all-powerful. He called this the alcoholic personality type, and designed a program to crush the ego as the foundation of sobriety. It worked for him and millions of other alcoholics like him, and he deserves great credit. But what about alcoholics who normally put others' needs before their own and see themselves as less-than, unentitled, not enough, defective, impostors, losers? Their egos need building, not deflating. This book reframes the Twelve Step program so people with low self-esteem can grow to feel better rather than worse about themselves. Each Step includes exercises to build and strengthen the person's sense of self, to grow from a place of feeling unlovable into a strong sober person, no longer dependent on alcohol or external validation to feel good. This groundbreaking book opens the door for people who feel less-than to find a comfortable sobriety in AA, rather than trying to force themselves into Bill's shoes when they just don't fit.

A Deeper Wisdom - Patricia Lynn Reilly 2020-12-18

A Deeper Wisdom is for all women whether or not they've ever set foot in a recovery meeting. ADW's life-practice transforms self-criticism into self-compassion and the suffering that fuels habit-energy into joy.

Whose Shoes Are You Wearing? - Christine K. St. Vil 2014-04

Do you find yourself living the definition of insanity on a daily basis? Do you have a hard time saying no to people, things and situations that drain you? Are you allowing unhealthy relationships to block your blessings? Do you struggle to reconcile your cultural heritage to the woman you want to become? Are you still waiting for Prince Charming to come along and complete you before you can really be happy? If you answered yes to any of these questions then you need this book. Julian B. Kiganda and Christine K. St. Vil are two sisters known for being Bold & Fearless Moms N Charge. After conquering their own personal and professional

struggles to finally walk in their purpose, they're giving you their most powerful insights to move you along your own path to uncovering your God-given purpose. In *Whose Shoes Are You Wearing?*, these no-nonsense siblings take you through key steps to help you create the unprecedented transformation you want to see in your own life. They draw upon their own life-changing experiences from ending unhealthy relationships to surviving unimaginable trauma which are closely intertwined with their East African upbringing. With practical action steps included at the end of each chapter, *Whose Shoes* shows you how to walk boldly and fearlessly in your own shoes regardless of the shoes you've been wearing. With a generous dose of humor, solid spiritual principles and a keepin' it real attitude, this book will become a staple in your library as you embark upon your own journey to discover the shoes God meant for you!

Trauma and the 12 Steps, Revised and Expanded - Jamie Marich
2020-07-07

An inclusive, research-based guide to working the 12 steps: a trauma-informed approach for clinicians, sponsors, and those in recovery. Step 1: You admit that you're powerless over your addiction. Now what? 12-step programs like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) have helped countless people on the path to recovery. But many still feel that 12-step programs aren't for them: that the spiritual emphasis is too narrow, the modality too old-school, the setting too triggering, or the space too exclusive. Some struggle with an addict label that can eclipse the histories, traumas, and experiences that feed into addiction, or dismisses the effects of adverse experiences like trauma in the first place. Advances in addiction medicine, trauma, neuropsychiatry, social theory, and overall strides in inclusivity need to be integrated into modern-day 12-step programs to reflect the latest research and what it means to live with an addiction today. Dr. Jamie Marich, an addiction and trauma clinician in recovery herself, builds necessary bridges between the 12-step's core foundations and up-to-date developments in trauma-informed care. Foregrounding the intersections of addiction, trauma, identity, and systems of oppression, Marich's approach treats the whole person—not just the addiction—to foster healing, transformation, and growth. Written for clinicians, therapists, sponsors, and those in recovery, Marich provides an extensive toolkit of trauma-informed skills that: Explains how trauma impacts addiction, recovery, and relapse Celebrates communities who may feel excluded from the program, like atheists, agnostics, and LGBTQ+ folks Welcomes outside help from the fields of trauma, dissociation, mindfulness, and addiction research Explains the differences between being trauma-informed and trauma-sensitive; and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality-based approaches to healing.

Time: 80 Days That Changed the World - Editors of Time Magazine
2003-09-01

More than two hundred superlative photographs complement a fascinating look back at the key events and personalities that transformed modern history, capturing such seminal episodes as Pearl Harbor, D-Day, the moon landing, and the computer age, as well as such individuals as Gandhi, Churchill, Muhammad Ali, and Charlie Chaplin.

Confessions of a Caffeine Addict - Al Kushner 2018-11-16

This book is an anthology written by a diverse group of 40 individuals from around the world. They come from all walks of life, yet they are all united by the choices they have made. *Confessions of a Caffeine Addict* covers all major products including coffee, tea, yerba mate, energy and sport drinks, soda, caffeine pills, diuretics, medicine, chocolate, and other foods containing the drug. All have acted from their hearts and here, they have written from their hearts, telling the stories of what brought them along to their own conclusions about their use of caffeine. This book was written to inspire more people to make informed choices, to know that their actions do make a difference, and to know that, in their efforts to tell their tales anonymously, that they are not alone.

50 Quiet Miracles That Changed Lives - William G Borchert 2009-10-28
Inspiring true stories of ordinary people who have experienced extraordinary miracles—their Higher Power pointing them in a new direction, forever changing the course of their lives. Many of us dream of witnessing a real miracle, an awe-inspiring divine intervention that changes the course of our lives and heightens our belief in a personal and loving God. Yet, we are often so fixated on the idea of an awesome event that we somehow overlook the quiet little miracles that happen to each of us every day. The miracles collected in *50 Quiet Miracles That Changed Lives* come in all shapes and forms, from unexpected phone calls to chance meetings. They are small enough to simply produce a warm glow and dramatic enough to create awe and wonder. A father of

five witnesses his burning home being saved by bearded strangers with fire extinguishers, who put out the fire and then disappear. A diamond miner in South Africa barely avoids a deadly crash when he is pushed out of a packed elevator at the last minute. A chance meeting leads a woman to the apartment of her closest childhood friend, now dying of AIDS. She helps her friend regain spiritual strength and becomes a surrogate mother to her friend's child. If we allow ourselves to look beyond the glow and focus on the wonder, we will recognize that, in moments such as these, we are in the presence of God.

Women and Recovery - Kitty Harris 2012-06-05

A breakthrough recovery plan for women who struggle with alcoholism, based on a groundbreaking new model. Tens of millions of women today drink to excess and their numbers are growing. Now Dr. Kitty Harris, an experienced counselor and therapist who is herself a recovering alcoholic with more than thirty years of sobriety, presents a new model for recovery that focuses on treating the pain in women's lives that can lead to a vicious cycle of addiction—not on the shame that fuels it. Combining her personal and professional experience, Dr. Harris offers tools that can help women who want to recover as well as friends or family members who are seeking help for a loved one. Focuses on dealing with the pain associated with alcoholism in women, not reinforcing the shame. Discusses the different types of female drinking habits, including binge drinking and drunkorexia. Takes a plain-language, jargon-free approach that is easy to understand and shares the stories of recovering women of all ages and from all walks of life. Is written by Dr. Kitty Harris, Director of The Center for the Study of Addiction and Recovery at Texas Tech University, with twenty-five years of private clinical experience working with adults and adolescents.

Warrior Sisters - Kelly Ryan 2021-08-31

Karen, a crack cocaine addict, lived in a drug-induced psychosis most of the time. Kelly, a high-functioning drunk, kept up a great façade while her life and marriage crumbled around her. They couldn't save each other—but could they save themselves? Their riveting story explores the secrets we keep under the guise of protecting each other, the lies we tell to justify our behaviors, and the truths that must be embraced before we can heal. *Warrior Sisters* reveals one family's raw and honest journey from chaos, pain, and destruction to the redemption and restoration that comes from recovery. It also proves that happiness and freedom are possible even when you think all hope is lost.

Drop the Rock - Bill P. 2009-06-03

A practical guide to letting go of the character defects that get in the way of true and joyful recovery. Resentment. Fear. Self-Pity. Intolerance. Anger. As Bill P. explains, these are the "rocks" that can sink recovery—or at the least, block further progress. Based on the principles behind Steps Six and Seven, *Drop the Rock* combines personal stories, practical advice, and powerful insights to help readers move forward in recovery. The second edition features additional stories and a reference section.

Good Morning! Weekday Meditations - Michelle Poplawski
2019-08-07

Meditation comes in many styles, colors, and depths. When I started reading meditation books, I wasn't sure if I was getting what I was supposed to get. The funny thing is I felt better every time I read one. Usually one thing I read would stick in my mind and ironically tie into something either I or someone I knew was dealing with or said. I started to see that nothing happens in God's world by mistake. As time went on, my spiritual journey continued and I started to blossom. A thought would come to mind that I knew I needed to share. That is how I started writing these "good morning weekday meditations". This is a collection of the first meditations I wrote. I sent these to friends via text every weekday morning. They are meant to be individually thought-provoking and inspirational. They are meant to be a positive start to the day. Enjoy!

Sober But Stuck - Dan F. 2010-03-24

Sober But Stuck addresses common issues, such as fear of failure, unhealthy relationships, and resentments, that can act as barriers to serenity and ultimately threaten sobriety. People in recovery soon find out that maintaining abstinence from alcohol and other drugs is only half the battle. *Sober But Stuck* addresses the issues that can act as barriers to serenity and ultimately threaten sobriety. *Sober But Stuck* topics include fear of failure, unhealthy or dependent relationships, resentments, and more. Provides needed encouragement for maintaining recovery from alcohol and other drugs.

12 Step Coloring Book Journal - Pam Vale 2016-03-05

Coloring Book Journals are a fun, recovery support tool for yourself or as a thoughtful gift. Including over 25 original, hand-drawn coloring images with inspirational 12-step and recovery sayings along with 48 journaling

pages. All coloring images in this book are original drawings by Pam Vale, including a wide variety of themes, such as nature, flowers, birds, zentangles, Butterflies, owls, hearts, dream-catchers, dragonflies, and more! Coloring can quiet the mind, stimulate the imagination and help organize your thoughts. Journaling can provide clarity and perspective on your path to peace and serenity. This coloring book journal is arranged in small bites in hopes of helping you create a mindful, daily habit of gratitude and self-reflection.

Voices of Women in AA - AA Grapevine 2017-09

Inspiring and courageous stories demonstrating the various ways women alcoholics found sobriety in AA. Includes stories of early AA pioneers and by some of the first female members. One of our bestselling books.

Soul Recovery - Ester Nicholson 2013

Ester Nicholson's foundational process that she's termed Soul Recovery unlocks the code of dependence as it manifests in substance, relationship and behavioral addictions, among others. As you're guided through a 12-week process of study and practice, the author courageously shares her inspiring journey that has ultimately led to a new life of wholeness, fearlessness and power. Using examples and daily practices, she reveals the 12 keys that saved her life and the spiritual technology that will bring you serenity and carry you to your dreams. The Soul Recovery process works deeply with life paradigms and practices to create a soul-centred awareness that's so profound that disease; addictions; and everyday problems related to attachments, expectations and limiting beliefs are dissolved in the face of it. A fascinating read, Soul Recovery tells the gritty story of a recovering substance abuser who rose to great career heights while falling into a personal abyss, only to find her way back with newfound glory and purpose. Its powerful lessons and practical, easy-to-use exercises can be used by people of all ages and from all walks of life.

A Man's Way through the Twelve Steps - Dan Griffin 2010-02-01

A fresh interpretation of the healing process established by the Twelve Steps, with an eye toward the social, cultural, and psychological factors that affect men--and thus their recovery from addiction. In A Man's Way through the Twelve Steps, author Dan Griffin uses interviews with men in various stages of recovery, excerpts from relevant Twelve Step literature, and his own experience to offer the first holistic approach to sobriety for men. Readers work through each of the Twelve Steps, learn to reexamine negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood. This groundbreaking book offers the tools needed for men to work through key issues with which they commonly struggle, including difficulty admitting powerlessness, finding connection with a Higher Power, letting go of repressed anger and resentment, contending with sexual issues, and overcoming barriers to intimacy and meaningful relationships. A Man's Way through the Twelve Steps offers practical advice and inspiration for men to define their own sense of masculinity and thus heighten their potential for a lifetime of sobriety.

Trauma and the Twelve Steps - Jamie Marich 2012

Criticism of 12-step recovery is nothing new; however, 12-step programs are increasingly getting a bad rap for being too "one size fits all," or not applicable to individuals struggling with issues beyond the scope of simple alcoholism or addiction, especially issues surrounding traumatic stress. "Trauma and the Twelve Steps: A Complete Guide to Enhancing Recovery" takes the posture that there is nothing wrong with using 12-step recovery principles in treatment or in continuing care with individuals who are affected by trauma-related issues. However, this book also explains how rigid application of 12-step principles can do more harm than good for a traumatized person, and that learning some simple accommodations based on the latest knowledge of traumatic stress can enhance the 12-step recovery experiences for trauma survivors. Written for professionals, sponsors, and those in a position to

reach out and help recovering addicts, the user-friendly language in this book will teach you how to unify the traditional knowledge of 12-step recovery with the latest findings on healing trauma. In doing so, you will be able to help others, and maybe even yourself, "work a recovery" program like never before! _____ "At last, someone has thoughtfully and intelligently reconciled the practical wisdom of the 12 steps with best practices for posttraumatic stress. In "Trauma and the Twelve Steps," Jamie Marich tosses aside the rigid orthodoxies that have hampered both fields and delivers - in beautiful, eminently readable English - a coherent treatment approach that is sure to maximize sobriety and healing." -Belleruth Naparstek, Author of Invisible Heroes: Survivors of Trauma and How They Heal; creator of the Health Journeys guided imagery audio series "It's critically important for people in 12 step based-treatment to keep trauma in mind and not re-traumatize people with coercive practices like forced 4th and 5th steps or misguided ideas that addiction has nothing to do with trauma. I support these efforts, promoted in Dr. Marich's work, to help those whose choice of recovery paths is within the 12-step framework." -Maia Szalavitz, Journalist and best-selling author of Born for Love and The Boy Who Was Raised as a Dog

The Narcotics Anonymous Step Working Guides - 1998-01-01

Narcotics Anonymous Step Working Guides are meant to be used by NA members at any stage of recovery, whether it's the first time through the steps, or whether they have been a guiding force for many years. This book is intentionally written to be relevant to newcomers and to help more experienced members develop a deeper understanding of the Twelve Steps.

Holding Back The Tears - Annie Mitchell 2013-09-16

This is true story about real people is set in Edinburgh City and Dundee, where a petite Scottish Lassie called Rosie Gilmour, mother to Finlay Sinclair, receives news of the death of her son - who tragically has taken his own life by hanging. Rosie pretends her son is still alive by talking to him, for that takes away the unbearable pain of her loss. But once she begins to face up to the fact that Finlay is not coming back, her conversations become more of a challenge than she can handle. When memories of her past are triggered by everyday life events, they take her mind back and forth in time - back to her own childhood days in 1960, when she flirted with the fairground boys, and to the day she gave birth to Finlay - "ME LADDIE". Rosie's Scottish accent becomes more apparent whenever her emotions are heightened and she begins to recite poetry. She goes on to reveal doubts about her own self-worth and how she re-unites her role as mother - a role she had denied herself for seven years prior to Finlay's death. Rosie learns how to forgive herself and how to accept her loss with using practical coping strategies that sometimes but not always work for her. Many voices of different natures and walks of life appear in Rosie's, story with each one offering a part of their own belief to try and console her in her misery - except that she turns her back on any advice or support offered. Rosie is convinced that she can cope with her loss on her own and "needs no help from anyone, thank you" - until a sweet, gentle, soft-spoken voice begins to travel with her throughout her ordeal, leaving her no other choice but to listen. Eventually moving to the countryside in Angus, Rosie finds the isolation gives her life a new meaning offering her the opportunity to re-value her beliefs about her own self values and decides the time has come to give her son a memorial service and invite a chosen few dance companions whom she met on a regular basis in Edinburgh to honour this day. Rosie begins to accept she will never be the same person she once had been and shall never be again, believing now her journey through grief taught her many lessons making her a stronger and better person than she imagined she could ever be.