

30th Anniversary Edition of "A Woman's Way through the Twelve Steps" features five new voices

Recovery is for every woman

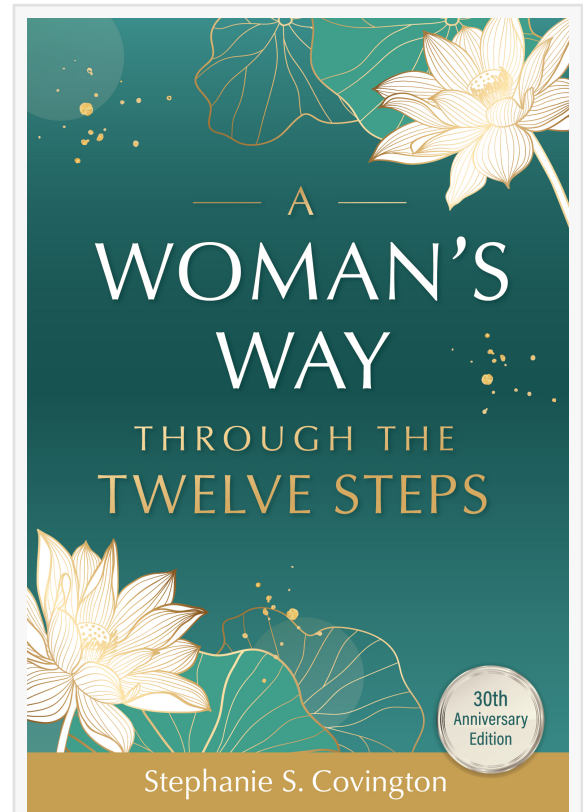
CENTER CITY, MINNESOTA, UNITED STATES, January 10, 2024 /EINPresswire.com/ -- With "[A Woman's Way through the Twelve Steps](#)", author and licensed social worker Stephanie S. Covington, PhD, brings a new perspective to recovery inspired by the voices of all who identify as women.

Published by [Hazelden Publishing](#), a part of the Hazelden Betty Ford Foundation, "A Woman's Way through the Twelve Steps" inspires hope, reduces stigma, and empowers women who are facing substance use and mental health challenges.

Those in this book share their stories of struggle and triumph, letting all women know they're not alone on this journey and they have power over their recovery process. The newly revised 30th anniversary edition has been broadened to include updated, inclusive language that's more trauma sensitive and welcoming to all women, including nonbinary, genderqueer, trans and cisgender women.

"My hope is that this book will offer a new, more accessible perspective on recovery from addiction, one that acknowledges our mutual learning as we share the stories of our struggles and triumphs," says Dr. Covington.

This compilation of voices, perspectives, and lived experiences from real and diverse people illuminates how women understand the Twelve Steps of Alcoholics Anonymous and offers inspiring stories of how they travel through the Steps and discover what works for them.



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"In this 30th anniversary edition . . . Dr. Covington has done a great deal of work to update the language and truly make the shift from gender-specific care to gender-responsive care," said Dr. Jamie Marich, founder and director of The Institute for Creative Mindfulness and author of Trauma and the 12 Steps and Dissociation Made Simple. "Human, practical, and full of knowledge on how women, in their beautiful diversity and uniqueness, can approach the Twelve Steps in a more trauma-informed manner, A Woman's Way through the Twelve Steps ought to be on the reading list of anyone working with the interplay of trauma, dissociation, and addiction."

The book can be used alone or as a companion to The Twelve Steps and Twelve Traditions of Alcoholics Anonymous.

"A Woman's Way through the Twelve Steps" 30th anniversary edition is available for preorder through [Amazon](#) and directly from Hazelden Publishing.

About the Author

Stephanie S. Covington, PhD, LCSW, is nationally recognized as a clinician, author, organizational consultant and lecturer. With many years of experience, she has developed an innovative, gender-responsive approach to address the treatment needs of women and girls that has been proven effective in public, private and institutional settings.

30

About the Hazelden Betty Ford Foundation

Harnessing science, love and the wisdom of lived experience, the Hazelden Betty Ford Foundation is a force of healing and hope for families and communities affected by substance use and mental health conditions. As the nation's foremost nonprofit provider of comprehensive behavioral health care, the Foundation leads the way in helping society rise above stigma and overcome addiction. With a legacy that began in 1949 and includes the 1982 founding of the Betty Ford Center, the Foundation now has treatment centers and telehealth services nationwide as well as a network of collaborators throughout health care. Charitable support and a commitment to innovation drive ongoing advances in care, research, programs and services to impact more lives. In addition to clinical care, Hazelden Betty Ford encompasses a graduate school of addiction studies, a publishing division, a research center, thought leadership and advocacy, professional and medical education programs, school-based prevention resources and a specialized program for children—with a commitment to diversity, equity and inclusion in all of its endeavors. Learn more at www.HazeldenBettyFord.org.

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