

# Isponsor For Women 12 Step Recovery Sober Living For Alcoholics

Maryellen Evers LCSW, CAADC

The Little Red Book for Women Anonymous,2010-02-19 The Little Red Book for Women speaks directly to women of the 21st Century who seek both the restorative powers of Twelve Step recovery and insights into the time-honored traditions of Alcoholics Anonymous. Published in 1957, The Little Red Book is known as the foremost study guide to the Big Book, Alcoholics Anonymous. However, the original volume, filled with practical advice for sober living, was written by two anonymous men who, presumably, considered their audience to be comprised predominantly, if not entirely, of men. That's why Hazelden's new edition is written expressly for women. It features the original text of The Little Red Book along with annotated passages addressing issues related to how women experience addiction and recovery. The annotations, written by best-selling author Karen Casey, introduce women to the extraordinary camaraderie of Alcoholics Anonymous and the restorative powers of Twelve Step recovery. We hope The Little Red Book for Women opens new avenues of thought and helps the AA member arrive at his or her successful interpretation of the program. The Little Red Book for Women makes frequent reference to basic matter in Alcoholics Anonymous, fourth edition.

AA Not the Only Way Melanie Solomon,2008 A discussion of alternative resources for addiction treatment, including a comprehensive directory of licensed professionals and treatment programs.

Stepping Stones To Recovery For Women Anonymous,2013-11-05 Articles, stories, slogans, and prayers written specifically for women highlight key Twelve Step recovery topics. Includes a daily reading guide. Articles, stories, slogans, and prayers written specifically for women highlight key Twelve Step recovery topics. Includes a daily reading guide.

Living the Promises Jenifer Madson,2013-03-01 Living the Promises is a personal, warm 365 reader includes quotes and exhortations, celebrations and lists of gratitude's, and all manner of real-life inspirations. Each month begins with a promise and each day explores that promise. Jenifer Madson shares her ongoing story of recovery: what it was like, what happened, and what it is like now, not with drunkalogues, but with stories and sayings and strategies that will help you or someone you know get sober, stay sober, and live a life of joy. Living the Promises is the first meditation book to be based specifically on the 12 promises of the Big Book of Alcoholics Anonymous, and is the perfect daily guide for anyone in recovery seeking peace and healing. Among those promises are: We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. Our whole attitude and outlook upon life will change.--From The Promises, Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism, 3rd ed.

**A Woman's Way through the Twelve Steps** Stephanie Covington,2024-01-23 This guide to the Twelve Steps from Dr. Stephanie S. Covington, a pioneer in the field of women's issues, addiction, and recovery, preserves the spirit of the Alcoholics Anonymous program with a focus on healing language with women's needs in mind. Published in 1994, A Woman's Way through the Twelve Steps has long been a unique resource that helps women find their own paths in recovery—paths shaped by the way women experience not only addiction and recovery, but also relationships, self, sexuality, spirituality, and everyday life. Now, stories from five new voices expand the perspective of this recovery classic. Over the past thirty years, what it means to identify as a woman in recovery has broadened to include transgender, nonbinary, and other gender-diverse people. This new edition includes updated, inclusive language to be more trauma-sensitive and welcoming to all women. This compilation of diverse voices and wisdom from real people illuminates how women understand the Twelve Steps of Alcoholics Anonymous (AA) and offers inspiring stories of how they travel through the Steps and discover what works for them. The book can be used alone or as a companion to AA's Twelve Steps and Twelve Traditions. By identifying and addressing the special issues that recovery presents for women, this book empowers women to take ownership of their own journeys and to grow and flourish in recovery.

A Woman's Way Through the Twelve Steps Stephanie S. Covington,2024-01-23 Geared specifically to women and gender-expansive people, this guide to the Twelve Steps considers the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women--

**Kickstart Your Recovery - The Road Less Traveled to Freedom from Addiction** Taite Adams,2013-11-15 Are you or a loved one unable to stop drinking or using drugs, yet tired of the endless cycle of pain and consequences? Recovery is possible and it's not as frightening as most make it out to be. Addiction is a cruel and subtle disease that robs it's victims of so much. Those suffering from alcoholism or drug addiction are often baffled by its affects on their lives and the devastation that can be wrought in such a short period of time. Loved ones feel helpless and hopeless as they are forced to stand by and watch as someone they care about erodes before their eyes, clear that they cannot stop drinking or using drugs. Luckily, many people are able to reach some sort of bottom, or a jumping off place, where they are finally willing and able to ask for help and begin the process of getting sober. Kickstart Your Recovery offers a powerful message to those who are looking for a way out from an endless cycle of pain and loss and for tools for avoiding relapse. With a clear approach, and drawing on her own history of addiction recovery, author Taite Adams is able to give the new person in recovery answers to a lot of Frequently Asked Questions about getting sober and allay a lot of fears. Some of the areas that are addressed in detail are: What is a Bottom? Should I Go to Treatment? What is Alcoholics Anonymous (AA)? 12 Step Programs Sponsorship Families and Relationships The Job and Career in Sobriety About the Consequences of Addiction Living Life and Having Fun Sober Addressing Other Issues and Much More Whether brand new in sobriety, considering going to treatment or just coming to grips with the fact that there may be a problem, alcoholism and addiction help is available in many forms and Kickstart Your Recovery is an invaluable tool to get your questions answered about getting sober, staying sober, avoiding relapse and helping you move one step closer to a better way of life free of alcohol and drugs.

A Womans Guide to Recovery Brenda Iliff,2009-06-03 The essential recovery guide for women new to sobriety, written by the director of clinical services at Hazelden's new cutting edge treatment facility for women. Whether you are just embarking down the road of recovery or are well into the journey, consider Brenda Iliff's A Woman's Guide to Recovery your companion and guide. Brenda Iliff is a leading Hazelden clinician. She developed this guide to help women handle issues and challenges that come with their new life of recovery: How can you balance self-care with family responsibilities? What do you do about friends who aren't comfortable with your newfound sobriety? How do you rebuild family relationships? A Woman's Guide to Recovery offers real-life insight into what it means and what it takes to sustain healthy, lasting recovery.

**It Takes a Family** Debra Jay,2014-10-21 Most books on recovery from addiction focus either on the addict or the family. While most alcoholics and addicts coming out of treatment have a recovery plan, families are often left to figure things out for themselves. The author takes a fresh approach to the recovery process by making family members and friends part of the reecoverry team, beginning in the early stages of sobriety.

Women & Recovery Ann D. Clark,2013-02 In Women and Recovery: Sex, Sobriety and Stepping Up, Ann D. Clark, Ph.D, provides readers with a no-nonsense, step-by-step guide to giving up anything. Clark explains how to conquer addictions using a lighthearted approach. Addressing such problems as substance abuse, overeating, shopping, or simply patterns in relationships, she gives her practical tips from a very relatable and realistic experience: her own. The journey into recovered living and self-knowledge is the purpose for this collection of experiences, and the suggestions found in Women and Recovery can make that journey smoother and more enduring for readers and their loved ones. Whether you are dependent on relationships, food, drama, drugs, alcohol, or the alcoholic, this guide offers assistance. You do not have to have used drugs to experience the pain of withdrawal-sugar, food, relationships, or even caffeine will do. Women and Recovery is for those who seek to improve their quality of life, obtain a lasting and significant relationship, and gain practical advice.

*Six Essentials to Achieve Lasting Recovery* Sterling T Shumway,Thomas G. Kimball,2012-03-22 Six guiding principles key to lasting recovery from addiction to alcohol and other drugs. Why they're important, how they relate to the Twelve Steps, and why they work. Anyone who has recovered from addiction to drugs or alcohol knows that getting sober is only the beginning. Working the Steps, patching life back together, and living sober are where the real work lies. While the Twelve Steps provide a program of lifelong recovery, recovery experts Sterling Shumway and Thomas Kimball have identified six essential values, or principles, that

reinforce the Steps and that are key to achieving lasting recovery: Hope: A reawakening after despair; to live with greater confidence Healthy Coping Skills: Managing the pain and stress of life Sense of Achievement and Accomplishment: Moving beyond the limits of addiction toward personal goals Capacity for Meaningful Relationships: The positive support and connection with family and peers Unique Identity Development: The emergence of a unique positive identity Reclamation of Agency: The internal knowledge that you have choices in your behavior Using their research, personal stories, and guided journals and exercises, Shumway and Kimball thoroughly unlock these complex principles for recovering addicts and their families, and provide practical steps for applying them to a long-term recovery program.

Women and Recovery Kitty Harris, 2012-05-07 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

**Working the Steps: Daily Sobriety Journal for Addiction Recovery Alcoholics Anonymous, Narcotics Rehab, Living Sober, Fighting Alcoholism** Worthyfashion, 2019-03-30 Great gift for any recovering addict in NA, AA or inpatient recovery program. 124 pages. Each page has areas for: Day and date Your mood and health Number of days sober Today's focuses Today's challenges How you got through People who helped you What you are grateful for Your thoughts. May help you track triggers and what personally can help you stay sober.

**Stepping Stones to Recovery for Women** Bill Pittman, 1989 An anthology of articles, stories, slogans, and prayers written by women in 12 step recovery.

*A Woman's Way Through the Twelve Steps Workbook* Stephanie Covington, 2024-03-05 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 the A Women's Way Through the Twelve Steps Workbook to help women and gender-expansive people each find their 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. Deepening and extending the lessons of a book that has helped countless women and gender-expansive people, this workbook makes A Women's Way Through the Twelve Steps that much more measured, meaningful, and clear. Unlike many "rewritten" Twelve Step interpretations for women, this workbook begins with the original Step language, preserving its spirit and focusing attention on its healing message. In sections devoted to each of the Twelve Steps, Covington blends narrative, self-assessment questions focused on women's definitions of terms such as "powerlessness" and "letting go," guided imagery exercises, and physical grounding activities. Designed to be used in conjunction with A Women's Way Through the Twelve Steps, this workbook helps deepen and extend the lessons taught there and further empowers each woman to take ownership of her recovery process as well as her growth as a person. It is also designed to be used in conjunction with A Woman's Way through the Twelve Steps Facilitator Guide in facilitated groups in residential or outpatient treatment programs for substance use disorder or other addictive disorders.

*12 Steps On the Rocks-With a Twist* Maryellen Evers LCSW, CAADC, 2017-05-25 Do you feel stuck in your recovery from addiction? Have you tried to quit before and continue to relapse time and time again? Do you question if you are even an addict or alcoholic? In 12 Steps On the Rocks - With a Twist: A Few Sips of Early Recovery therapist and recovering addict Maryellen Evers talks straight about drug and alcohol addiction. In these pages, you will discover: How to identify if you or a loved one is an addict. How to accept your lack of power over your disease. Challenge your past thinking about recovery. How our disease of addiction affects us & the people we love. How to build a stronger foundation of recovery. Realistic ways to better understand the first 3 steps of AA Recovery is 12 Steps On the Rocks With a Twist, but only if you understand the twists and learn how to deal with them. If you are an alcoholic or drug addict who wants to stop; if you love an addict and don't understand the disease; if you're struggling with staying clean and sober, this book is for you.

*Recovery After Rehab* Joseph Nowinski, 2021-07-02 This book picks up where rehab leaves off, and where the real work of recovery from substance abuse begins. It is a practical guide not only for the newly sober, but for their loved ones as well--

*Working the Steps* WorthyFashion, 2019-04 Great gift for any recovering addict in NA, AA or inpatient recovery program. 124 pages. Each page has areas for: Day and date Your mood and health Number of days sober Today's focuses Today's challenges How you got through People who helped you What you are grateful for Your thoughts. May help you track triggers and what personally can help you stay sober.

**Diary of an Alcoholic Housewife** Brenda Wilhelmsen, 2011-03-01 A gripping first-hand story of personal triumph and recovery by a wealthy American housewife who appeared to have it all but who was, in reality, losing life's most important moments in an alcohol-induced haze. Brenda Wilhelmsen was like a lot of women in her neighborhood. She had a husband and two children. She was educated and made a good living as a writer. She had a vibrant social life with a tight circle of friends. She could party until dawn and take her children to school the next day. From the outside, she appeared to have it all together. But, in truth, alcohol was slowly taking over, turning her world on its side. Waking up to another hangover, growing tired of embarrassing herself in front of friends and family, and feeling important moments slip away, Brenda made the most critical decision of her life: to get sober. She kept a diary of her first year (and beyond) in recovery, chronicling the struggles of finding a meeting she could look forward to, relating to her fellow alcoholics, and finding a sponsor with whom she connected. Along the way, she discovered the challenges and pleasures of living each day without alcohol, navigating a social circle where booze is a centerpiece, and dealing with her alcoholic father's terminal illness and denial. Brenda Wilhelmsen's Diary of an Alcoholic Housewife offers insight, wisdom, and relevance for readers in recovery, as well as their loved ones, no matter how long they've been sober.

**Daily Sobriety Journal for Addiction Recovery: Alcoholics Anonymous, Narcotics Rehab, Living Sober, Fighting Alcoholism, Working the 12 Steps & Tradition** Worthyfashion, 2019-03-21 Great gift for any recovering addict in NA, AA or inpatient recovery program. 124 pages. Each page has areas for: Day and date Your mood and health Number of days sober Today's focuses Today's challenges How you got through People who helped you What you are grateful for Your thoughts. May help you track triggers and what personally can help you stay sober.

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