

A Place Called Self: Women, Sobriety & Radical Transformation - Stephanie Brown

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For many women, newfound sobriety--with its hard-won joys and accomplishments--is often a lonely and unsatisfying experience. Here, pioneering therapist Stephanie Brown, Ph.D., helps readers understand that leaving behind the numbing comfort of alcohol or other drugs means you must face yourself, perhaps for the first time. With personal stories and gentle guidance, Brown helps readers unravel painful truths and confusing feelings in the process of creating a new, true sense of self. EXCERPT: "Recovery is not a move from bad to good, but from false to real. This is the transformation. The point of surrender and new abstinence represents a letting go of the old self. . . By accepting her loss of control, the woman in recovery opens the door to finding her real, authentic self, the woman she is underneath the layers of defense that have protected her -- her false self -- perhaps for her entire life." Author: Brown, Stephanie Publisher: Hazelden Illustration: N Language: ENG Title: A Place Called Self: Women, Sobriety & Radical Transformation Pages: 00208 (Encrypted EPUB) On Sale: 2009-07-22 SKU-13/ISBN: 9781592850983 Category: Self-Help : Substance Abuse & Addictions - General Category: Self-Help : Motivational & Inspirational Category: Self-Help : Personal Growth - General

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