

A Man's Way Through the Twelve Steps



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Reviews

A really awesome pdf with lucid and perfect information. It is loaded with wisdom and knowledge I am just effortlessly could get a satisfaction of reading a composed book.
(Claudine Jerde)

A MAN'S WAY THROUGH THE TWELVE STEPS

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Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, A Man's Way Through the Twelve Steps, Dan Griffin, 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 re-examine negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood. This ground-breaking 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.

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