

**A
WOMAN'S
ADDICTION
WORKBOOK**

Your Guide to In-Depth Healing

Over 20 years of professional experience, Lisa M. Najavits, Ph.D., has helped thousands of women overcome addiction and achieve lasting recovery. This workbook is a comprehensive guide to the recovery process, covering everything from understanding addiction to building a new life.

- Understand how addiction works and why it's so hard to stop
- Discover the signs and symptoms of addiction
- Learn how to recognize and manage triggers
- Develop coping strategies for stress and cravings
- Build a strong support system
- Explore the role of therapy and medication
- Create a plan for long-term recovery

LISA M. NAJAVITS, PH.D.

A Woman's Addiction Workbook: Your Guide to In-Depth Healing

Women and girls are now becoming addicted at greater rates than ever before, and until very recently women in recovery were dependent on treatment models based solely on work with men. Harvard addiction and trauma expert Lisa M. Najavits offers this step-by-step program to help women overcome the often-overlooked problems associated with their drug and alcohol addictions, such as body image, trauma and violence, relationships, stress, and thrill-seeking. She explores how women differ from men in their addiction and recovery, and adapts this information to help you embark on your journey to healing. A chapter on co-occurring emotional problems allows you to evaluate whether you have any of the key disorders common among women with addiction, such as depression, post-traumatic stress, eating disorders, or phobias. With this strengths-building workbook, begin to come to terms with your personal addiction story. Healing exercises in four areas--feelings, beliefs, action, and relationships--help women build self-respect. Exercises include Listen to That Small Quiet Voice, Extreme Self-Care, Self-Soothing, Become Friends with Women, Rethink, Take Charge, Share Responsibility, and Mourn. In addition to these exercises and techniques, the book offers valuable resources of recovery support information.

A Womans Addiction Workbook Your Guide To In Depth Healing

Liyong Dong



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