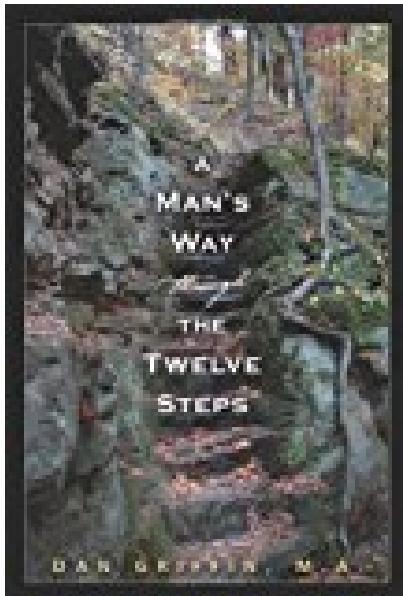


A Mans Way through the Twelve Steps



BOOK DETAILS

- Author : Dan Griffin M.A.
- Pages : 288 Pages
- Publisher : Hazelden Publishing
- Language : English
- ISBN : 1592857248

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BOOK SYNOPSIS

"A wonderful guide for men that reveals how to transform pain, confusion, and mixed messages into a deeper and richer sobriety through the Twelve Steps." -
-Craig Nakken, M.S.W., author of *The Addictive Personality* "With candor and compassion, Dan Griffin expands the power and significance of the Twelve Steps by providing a deeper understanding of what they mean to men in recovery." -
-Stephanie S. Covington, Ph.D., author of *A Woman's Way through the Twelve Steps*
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 reexamine negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood. This groundbreaking 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. Dan Griffin, M.A., has worked in the mental health and addictions field for more than a decade. His graduate work was centered on the social construction of masculinity in the culture of Alcoholics Anonymous. Griffin lives in Minnesota and has been in recovery for fifteen years.

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