

# (Audiobook) A Man's Way Through the Twelve Steps by Dan Griffin M.A.

A Man's Way Through the Twelve Steps

By: Dan Griffin M.A.

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A fresh interpretation of the healing process established by the Twelve Steps, with an eye toward the social, cultural, and psychological factors that affect men and thus their recovery from addiction. A fresh interpretation of the healing process established by the Twelve Steps, with an eye toward the social, cultural, and psychological factors that affect men and thus their recovery from addiction. 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.

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