



# **A Place Called Self A Companion Workbook: Women, Sobriety, and Radical Transformation**

*Stephanie Brown*

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*A Place Called Self: A Companion Workbook* addresses one of the greatest gifts and biggest challenges for women in recovery: Discovering the real, true self. Stephanie Brown explains how the process of becoming addicted requires women to shut down, turn off, and block out much of their true selves. The process of recovery is a process of self-discovery--of finding and developing the real self, the healthy self. Stephanie Brown created *A Place Called Self: A Companion Workbook* to be your personal recovery guide, with instructive insights and revealing questions to help you think of yourself in new ways.

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