



Women and Recovery: Finding Hope

Kitty Harris

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A breakthrough recovery plan for women who struggle with alcoholism, based on a groundbreaking new model

Tens of millions of women today drink to excess and their numbers are growing. Now Dr. Kitty Harris, an experienced counselor and therapist who is herself a recovering alcoholic with more than thirty years of sobriety, presents a new model for recovery that focuses on treating the pain in women's lives that can lead to a vicious cycle of addiction—not on the shame that fuels it. Combining her personal and professional experience, Dr. Harris offers tools that can help women who want to recover as well as friends or family members who are seeking help for a loved one.

- Focuses on dealing with the pain associated with alcoholism in women, not reinforcing the shame
- Discusses the different types of female drinking habits, including binge drinking and drunkorexia
- Takes a plain-language, jargon-free approach that is easy to understand and shares the stories of recovering women of all ages and from all walks of life
- Is written by Dr. Kitty Harris, Director of The Center for the Study of Addiction and Recovery at Texas Tech University, with twenty-five years of private clinical experience working with adults and adolescents

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Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the reserve untitled Women and Recovery: Finding Hope can be great book to read. May be it may be best activity to you.

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