



# Awakening Your Sexuality: A Guide for Recovering Women

*Stephanie S. Covington Ph. D.*

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One of the most neglected issues for women in recovery from addiction and trauma is sexuality. With candor and compassion, Dr. Covington reminds readers that recovery "is about living life fully and completely, and sexual recovery is integral to the fullness of your life." *Awakening Your Sexuality* gives women the tools to process their sexual histories, understand their sexual selves, and create the fulfilling sexual lives they want. Honest, sensitive case studies and relevant exercises provide gentle, step-by-step guidance to help women confront guilt, shame, and addiction; become aware of their body images and behavioral patterns; honor and accept their pasts; and begin the liberating journey of sexual recovery and growth.

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