



# The Recovering Heart: Emotional Sobriety for Women

*Beverly Conyers*

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## **The Recovering Heart: Emotional Sobriety for Women** Beverly Conyers

Your old, destructive lifestyle is fading into the past and now you are a woman in recovery. What an amazing gift you've given yourself. So why aren't you happier? As sobriety takes hold and your head starts to clear, a wide range of emotions can begin to emerge--feelings that until now you've "medicated" with chemicals. Yet to stay sober, and to grow and flourish as a person, you must engage in healing and take responsibility for these long-neglected emotions.

Beverly Conyers, a prominent voice in recovery, uses personal stories and informed insight to guide you in achieving emotional sobriety by addressing behaviors and feelings unique to the female experience. Learn how to develop the inner resiliency to face and process difficult, buried emotions--such as shame, grief, fear, and anger--while freeing the positive feelings of self-worth, independence, and integrity. Discover how to heal your "damaged self" by improving your communication skills, expanding your capacity for intimacy and trust, and reawakening a spiritual life. As you heal your wounded heart, you can free yourself to a life of self-acceptance and lay the foundation for a rewarding and relapse-free second stage of recovery.

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