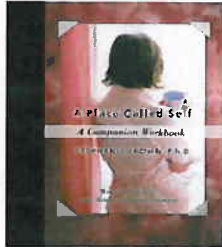


**A Place Called Self**  
**WORKBOOK**

Stephanie Brown, Ph.D.



The much-requested workbook to guide readers through *A Place Called Self*, Dr. Stephanie Brown's new modern classic for recovering women.

*A Place Called Self* is for women in recovery who have discovered that sobriety, with all its hard-won joys, can still be a lonely, terrifying place. And she has work to do. This companion workbook for *A Place Called Self* will lead readers through each chapter and help them make concrete what often remains unspoken.