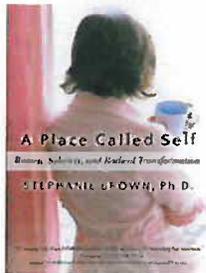


A Place Called Self
Stephanie Brown, Ph.D.



For many women, newfound sobriety--with its hard-won joys and accomplishments--is often a lonely and unsatisfying experience. Here, pioneering therapist Stephanie Brown, Ph.D., helps readers understand that leaving behind the numbing comfort of alcohol or other drugs means you must face yourself, perhaps for the first time. With personal stories and gentle guidance, Brown helps readers unravel painful truths and confusing feelings in the process of creating a new, true sense of self.