

*"...a well-informed and passionate speaker... insightful, provocative, and immensely enjoyable."*

Bob Ferguson

Director, Jaywalker Lodge for Men

*"This book is a beacon to guide men."*

William Cope Moyers, author of *Broken*

*"...so engaging & genuine. I have probably enjoyed Dan more than any other speaker over the 30 years. He has a great sense of humor & he is a very humble guy."*

Sherry, counselor

*"...a more open dialogue about masculinity and recovery."*

Dan F.

*"Truly, this book gives voice to men's experience in sobriety."*

Dr. Larry Anderson, psychologist

*"...courageous in his sharing, inspiring in his healing, and tough in his insistence on men 'doing the work' of recovery."*

Priscilla F.



# DAN GRIFFIN

*A MAN'S WAY THROUGH THE TWELVE STEPS*

AUTHOR • TRAINER • SPEAKER • CONSULTANT



Dan Griffin has worked in the mental health and addictions field for over sixteen years. In early 2010, he started a consulting, training, and speaking business, Griffin Recovery Enterprises. As the state drug court coordinator for the Minnesota Drug Court Initiative, from 2002 to 2010, he was the judicial branch's expert on addiction and recovery. Griffin was awarded Hazelden's first training fellowship for CD counseling in 1998. He has worked in a variety of areas in the addictions field: research, case management, public advocacy, drug courts, teaching, and counseling.

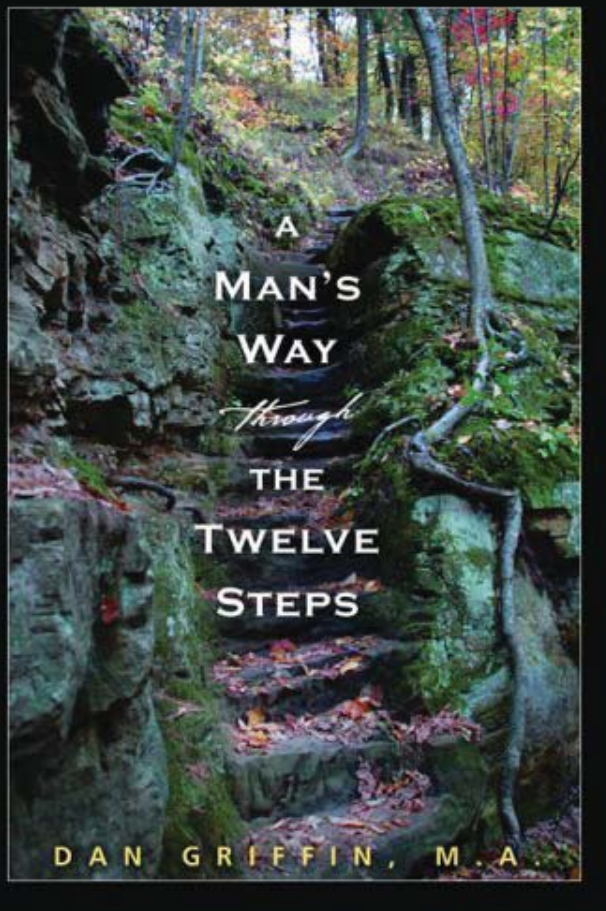
Griffin's groundbreaking new book, ***A Man's Way through the Twelve Steps***, is the first book to take a holistic look at men's sobriety. He also co-authored ***Helping Men Recover***, the first comprehensive gender-responsive curriculum for men with national expert, Dr. Stephanie Covington, and Rick Dauer, Clinical Director, River Ridge Treatment Center. The curriculum is based upon Dr. Covington's bestselling curriculum, ***Helping Women Recover***. Griffin's graduate work was centered on the social construction of masculinity in the culture of Alcoholics Anonymous.

The President's Award winner in 2006 for leadership in the addiction and recovery field in Minnesota, Griffin lives in Minnesota and has been in long-term recovery since he graduated college in 1994. Dan's areas of expertise include: men's issues, addiction and recovery, drug courts, working with and understanding the twelve step culture, and the challenges of being young in recovery.

*"Dan Griffin's inspiring book is a real 'gut check' for all men in recovery and those still suffering. This book is a 'must-read' for those of us in recovery who seek to reach our full potential through the Twelve Steps."*

Jim Ramstad  
US Congressman

BIO



*"Recovery is more than sobriety.  
Read this book if you are a man  
who wants to experience the  
promise and possibility of healthy  
recovery."*

William Cope Moyers,  
Author of *Broken*

FULL TITLE

*A Man's Way Through the Twelve Steps*

AUTHOR

Dan Griffin

PUBLISHER

Hazelden

RELEASE DATE

October, 2009

BRIEF SUMMARY

Using interviews with men in various stages of recovery, excerpts from relevant Twelve Step, and his own experience, Griffin offers the first holistic approach to sobriety for men. This groundbreaking book offers the tools needed for men to address key issues with which they commonly struggle. *A Man's Way through the Twelve Steps* offers practical advice and inspiration for men to define their own sense of masculinity and thus heighten their potential for a lifetime of sobriety.

PRICE

\$13 | \$15 signed

WEBSITE

[www.dangriffin.com](http://www.dangriffin.com)

FACEBOOK

<http://www.facebook.com/TwelveStepsForMen>

PUBLICITY CONTACT

For more information contact:

Chris Kelleher | 952-406-2942 | [chris@dangriffin.com](mailto:chris@dangriffin.com)

BOOK



*“With candor and compassion, Dan Griffin expands the power and significance of the Twelve Steps by providing a deeper understanding of what they mean to men in recovery.”*

Stephanie S. Covington, PHD  
Author of *A Woman's Way  
Through the Twelve Steps*

#### FULL TITLE

*Helping Men Recover*

#### AUTHORS

Dr. Stephanie Covington, Dan Griffin, and Rick Dauer

#### PUBLISHER

Jossey-Bass

#### RELEASE DATE

January, 2011

#### BRIEF SUMMARY

The first addiction curriculum to look comprehensively and holistically at men's needs and issues in recovery. Based upon the bestselling *Helping Women Recover* by Dr. Stephanie Covington, the curriculum incorporates trauma-informed practices to help facilitators and clients comprehend and appreciate the pervasive nature and impact of trauma. Through the creation and implementation of this curriculum, the authors have discovered that, when they feel safe enough, men are willing to look at many important, although difficult, issues commonly overlooked in traditional treatment. Some of these are: relationships, sexuality and sexual behavior, abuse and abusiveness, and grief. Working collaboratively with professionals in the field, the authors have created activities that help men begin to reflect on their common experiences and that are designed to improve their chances of achieving sustained recovery. Much of the curriculum would work well for men in other programs, such as anger management, domestic violence, and general therapy, as well.

#### PUBLICITY CONTACT

For more information contact:

Chris Kelleher | 952-406-2942 | [chris@dangriffin.com](mailto:chris@dangriffin.com)

# CURRICULUM

*"...an energetic and entertaining speaker  
with a great deal of wisdom"*

Judge Gary Larson

*"Dan brings the subject alive and makes  
you want to have the passion he has.  
Whenever I leave an event where Dan  
has spoken, I am recommitted to  
the work that I do."*

Brigid Murphy

Stearns County Drug Court Coordinator

*"Dan was an inspiring speaker. He is clearly  
passionate about his work and has a depth  
of knowledge so that his talk was nuanced,  
sophisticated and challenging."*

Dr. Mark Green

Medical Director, Westbridge Comm. Services

*"Dan is a great asset to the recovery  
community. Well-organized and clear-  
thinking, Dan has a very valuable  
perspective on recovery."*

Judge John Rodenberg

*"Dan is a witty, intelligent, persuasive,  
enthusiastic, person of passion. There  
is a depth and breadth of knowledge  
and experience here with wisdom  
beyond his years."*

Dennis Cummings

Clinical Director, Duluth-Bethel

Dan Griffin's powerful talks are ideal for and can be geared toward any of the following audiences:

- Addiction and Mental Health Professionals
- Healthcare Professionals
- Educators
- Faith Based
- Communities
- Criminal Justice Professionals
- Law Enforcement Authorities
- Families and Adolescents
- Individuals in Recovery

Dan is also available for:

- Presentations
- Retreats – various topics
- Workshops – various topics
- Books Readings and Book Signings
- Guest Blog
- Conferences
- Keynotes
- Panels
- Media Appearances
- School Assemblies
- Trainings



# PRESENTATIONS

## ADDICTION & RECOVERY

Combining his personal and professional experience with humor and candor, Griffin provides audiences with powerful presentations on various topics related to addiction and the process of recovery:

### Drug Courts

- Drug Courts: A Balanced Approach to Drugs and Crime
- Drug Courts: Punish the Behavior; Help the Person
- Drug Courts: Compassionate Coercion
- The Four C's: Collaboration, Coordination, Communication, and Conflict Resolution
- The Stages of Change
- Working with and Understanding the Twelve Step Culture

### Public Policy

- The Window of Opportunity
- Systems Can't Change Without People
- One Out of Ten: The Truth about Drug Addiction
- The Elephant in the Middle of America

### Overview of Addiction & Recovery Process

- Do I want to live or Do I want to Die?
- Tear Down the Wall: Rejoining the Community
- Emotional Sobriety
- No End to Better
- From Self to Service

### Young People

- Before the Party is Over: Getting Sober in College
- Recognizing Signs of Addiction/Misuse
- Effective Interventions for College Drinking and Drug Use
- On the Path to Manhood: Creating a Foundation for Young Men
- Growing up with Addiction

### Family & Addiction

- There is Something Different About my Family
- Silence and Secrets
- Breaking the Cycle
- Growing up with Addiction
- Finally a Family: When the Family Heals

### Men, Addiction, & Recovery

- Big Boys Do Cry: Men and Grief
- Burying the Caveman: Men and Feelings
- Walking Wounded: Men, Violence, and Abuse
- A New Kind of Man: Men and Spirituality
- Embracing the "We": Men and Relationships
- Separating the Boys from the Men
- Sober Horse Thieves

## MOTIVATION / INSPIRATION

Bringing humor and insight, Griffin addresses important topics that touch everyone's lives.

### Motivation

- Small Steps Walk a Mile
- Three Steps to Make Lasting Change
- Transforming Tragedy into Triumph
- Finding Your Voice

### Inspiration

- How Laughter Will Save Your Life
- All is well
- Putting the "Fun" in Dysfunction
- Never Give Up

# TOPICS

Why did you write this book?  
.....

I have been in recovery for over fifteen years and I have watched men struggle with some very powerful demons in their sobriety. What I see many men running up against whether it is while they are in the throes of their addiction, early in recovery, or after having been sober for many years are the scripts they follow about being men. Those are some of the most powerful scripts we have to follow as human beings - the ones that tell us how we are supposed to act as men and women. I have sat in rooms all around the country and listened to men of all ages and from all walks of life share openly and vulnerably about who they are. And, who those men are and how they share themselves and live their lives as men in recovery is so different from how most of our society thinks about men.

That is a story that needs to be told and I am privileged enough to be one of the men to help tell it. I got sober just before my twenty-second birthday and I did not have a clue about how to be in recovery or how to be a man. The men of the Twelve Step community gave me guidance and continue to show me the way. I wanted to share what I have learned and tell this amazing story about men in the Twelve Step culture.

What do you want men to  
get out of this book?  
.....

Men are dying every day from addictions - every day - and they are destroying the lives of those around them along the way. First and foremost, I would like more men to get sober, stay sober, and have incredibly fulfilling lives. My hope is that reading this book will help accomplish that. My hope for men - as well as myself - is to experience life as fully as possible and discover the joy of being ourselves - regardless of what the "rules" say. Many of the men I interviewed for the book spoke of how much freer they feel to be themselves now that they are in recovery. Recovery has given these men - and those who love them - the greatest gift of all: themselves.

Q&A

What do you want women to get out of this book?  
.....

I want women to experience the men - husbands, lovers, brothers, fathers, friends, and co-workers - that they know their men can be. My experience is that women are very patient with us and forgive much of our immaturity and even inappropriateness because they can also see what is best about us. The work that many brave women, like Dr. Stephanie Covington who wrote *A Woman's Way Through the Twelve Steps*, have been doing over the years, especially in recovery, will always be limited if the men are not doing their work too.

Why is a book like this important?  
.....

I had a voice inside of me for a very long time telling me that I was "not man enough". What I have come to learn is a lot of men have that same voice and many of them do not distinguish it as a voice but rather they live with it as a truth about who they are. And so they spend a lot of time trying to get rid of the voice by proving that they are "man enough." They do it by following the rules regardless of the costs. They live with that voice long into their recovery. I want men to know that they are not alone in their suffering and that the Twelve Steps can liberate them far more than they may have ever thought.

Where did you first get the idea for the book?  
.....

I began studying gender toward the end of my undergraduate career pretty much as a fluke. Then, I got sober right before I graduated from college. When I first got into recovery I heard men talking about their inner lives in a way that I had never experienced before. In the Twelve Step culture men were publicly admitting to feeling scared, confused, or even hurt. They opened up about their struggles and doubts. I also saw men exhibiting what is best about traditional masculinity: honesty, integrity, accountability, and responsibility. The longer I stayed sober and immersed myself in the Twelve Step culture the more I became convinced that there was something special happening.

How could this book help  
men struggling with addiction?  
.....

I want men to see themselves in this book and to read about ideas and challenges with which they are constantly struggling but keep to themselves because of how they have been trained to be men. I would like for men to let go of the secrets and experience freedom from their addictions. I want to give words to what so many have difficulty giving words to - so that more men may find the incredible gift of recovery, not just sobriety.

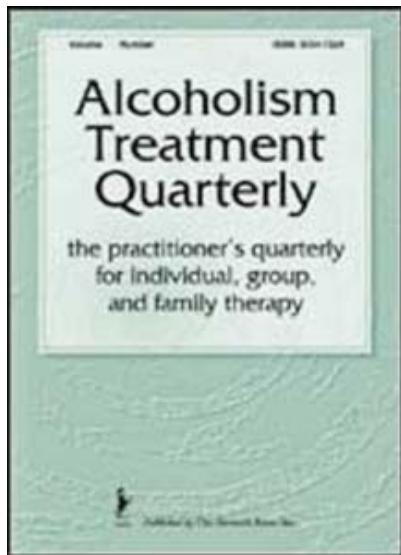
How can this book help men  
already in recovery?  
.....

Men in recovery are the perfect group to read this book because they are predisposed toward talking about their inner lives. But, the Twelve Step culture has been surprisingly quiet about men's anger, abusiveness, sexism, homophobia, general immaturity, sexual confusion, unaddressed grief, and general relationship struggles. I want to raise the bar, end the secrets, and put everything on the table that is limiting the recovery of so many men. The Twelve Steps are incredible tools to help men grow up - if they use them and are challenged by other men to do so as well.

Q&A

Review by  
William L. White, MA  
Chestnut Health Systems  
Bloomington, IL USA

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The collective experience—the “we”—from which the 12 Steps of Alcoholics Anonymous (AA) were formulated was distinctly masculine. In the intervening years, concerns about gender and AA have focused on the history of women pioneers in AA, feminist critiques of AA, research on recovery outcomes for women in AA, the growth of women’s meetings in AA, and explorations of the phenomenology of women’s recovery in AA. All of this scrutiny unfolded within the larger cultural context of an evolving “women’s movement” which in turn spawned a multibranch “men’s movement.” This newly published book is written within the tradition of this latter movement. This book is about “how men live as men” and how men live as men in addiction recovery. Griffin offers a personal guide through 12-Step recovery with a particular focus on men’s roles, men’s health, and the capacity of the 12 Steps to spark processes of personal transformation that involve far more than the removal of alcohol and other drugs from men’s lives.

*A Man’s Way through the Twelve Steps* will find appreciative audiences among men in recovery and the women and men living with men in recovery. I suspect the book will find its place in treatment centers and the newly spreading renewal centers and recovery community centers as a source for seminars or a recovery book club selection. Addiction professionals may find this book helpful as a recommended resource for some of their male clients. The book’s strength is in the breadth of issues addressed, the stories and voices of men in recovery, and the gentle guidance that is offered. It is at heart a book in which men in recovery share their “experience, strength, and hope” with other men. I greatly enjoyed this book and closed the last page with only two wishes: that the book would have used the lives of historical figures in recovery to illustrate some of its themes and that the book would have included references to recent scientific literature that support its suggestions.

There is a growing professional and scientific interest in the long-term, lived experience of addiction recovery. Dan Griffin has added a valuable piece of literature on the phenomenology of addiction recovery among men.

REVIEWS

Recovery, transformation, or just plain growing up seldom comes with a manual and certainly no warranty is included! Dan Griffin shares insights from his own life and the insights and struggles from a chorus of other men who have undertaken the quest of taking a look at relationships as part of their recovery.

This simple but powerful book examines issues unique to men in recovery and many of the dynamics which keep men from fully living a transformed or recovery-full life. The author begins with the keystone approach which is “every time we take a risk and share honestly from our hearts, we create an opportunity for others to do the same and transform how men live as men—one man at a time”.

Review by

Ronald J. Hunsicker, Ph.D.

..... Using the twelve steps as the organizing chapter principles, this book walks through the twelve steps and approaches them from the perspective of men’s issues in recovery. As you read through this book and absorb the words and the lives of the men quoted in the book, shame, guilt, anger, resentment, trust, letting go and Higher Power, suddenly become more than categories, they become part of real lives! Recovery is about relationships and Dan Griffin has captured that in a new way for men.

This is a book which will be read individually and it will be read by men in small groups. It is a book which opens up the question of gender difference in recovery in the most profound way. Just as the addiction treatment field has begun to understand that there are significant advantages to having women specific gender treatment and focus, so we understand through the help of Dan Griffin and others that there are gender specific advantages of treatment for men.

This is still not a set of instructions and there is no warranty in the 250 plus pages of this book, but it opens a window, it sheds some light and it removes some mystery for men as to why they struggle with some parts of recovery. The challenge is to figure out how to incorporate this insight in addiction treatment which has as its core, the providing of life transforming experiences for those persons who would like to experience long term sustained recovery.

REVIEWS