



Out of the Woods: A Woman's Guide to Long-Term Recovery

Diane Cameron

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Women new to recovery find much support; sponsorship and fellowship are readily available, and everything about the recovery life seems fresh and exciting. With time, recovering women face challenges from complacency to burnout, menopause to weight gain. Diane Cameron has faced these issues, and shares her "experience, strength, and hope" to teach readers how to handle the unexpected trials of double-digit recovery.

Diane Cameron is a blogger, journalist, and columnist in long-term recovery. Her newspaper columns appear in the *Albany Times-Union*, *USA Today*, the *Christian Science Monitor*, *Chicago Tribune*, *Pittsburgh Post-Gazette*, and the *Washington Post*.

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