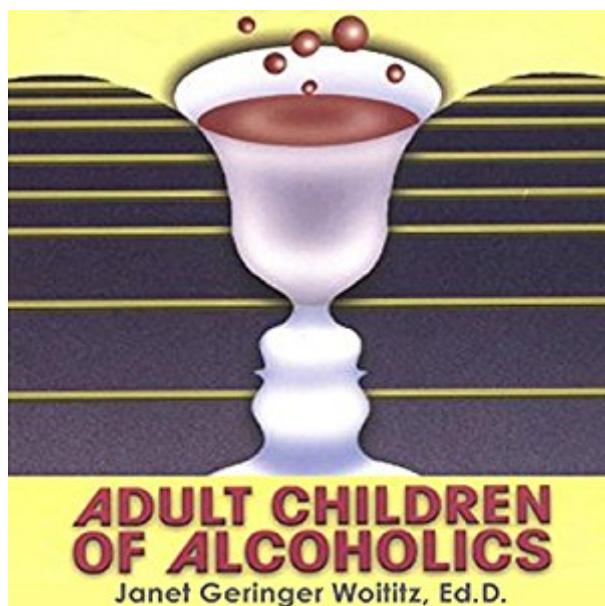


The book was found

Adult Children Of Alcoholics



Synopsis

Ten years ago, Janet Woititz broke new ground in our understanding of what it is to be an adult child of an alcoholic. Today, she re-examines the movement and its inclusion of adult children from various dysfunctional family backgrounds who share the same characteristics. After more than 10 years of working with ACoAs, she shares the recovery hints that she has found to work. Listen to Adult Children of Alcoholics to see where the journey began and for ideas on where to go from here. This book provides wisdom and information for all adult children of dysfunctional families.

Book Information

Audible Audio Edition

Listening Length: 4 hoursÂ andÂ 20 minutes

Program Type: Audiobook

Version: Unabridged

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Whispersync for Voice: Ready

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Best Sellers Rank: #69 inÂ Books > Health, Fitness & Dieting > Mental Health > Codependency #113 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #250 inÂ Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

Excellent book for those who don't know why their lives are a mess, why they keep getting into abusive relationships, why they don't laugh & have fun like other people, people who tear themselves apart for every imagined or real mistake, those who feel inferior and worthless, those like me who have always guessed (often incorrectly) at what normal is. Finally here are the answers millions of people need to let go of their crippling past and rediscover their future--one they want to be part of instead of dreading more of the same misery. The authors have been where we are, they know what they are talking about, they are US too. They have experience, compassion & empathy. They lovingly & gently open the doors to the truth for us, and this book could cause you to feel sad, angry, bitter, depressed but the next page will fill you with realistic hope (not the irrational hopes we're used to), belief in a happy future for yourself, motivation to start the journey of recovery from childhood abuse, neglect, trauma, denial, pain, etc. There is a thorough section on recovery groups

and what to expect, how it works and so on, so that strangers to recovery will know what to expect, and maybe feel better about taking that 1st step--going to a meeting, finding a therapist, joining a group, reading books & workbooks, reaching out to safe others for support & more. I highly recommend this book to any one from a substance-abuse type family background, but also to people from dysfunctional families as well since all of the same principles apply. I also recommend Adult Children: The Secrets of Dysfunctional Families to those who can't relate to an alcoholic background at all, but who maybe grew up with an over-eating parent, an absent father, a mentally ill caretaker, etc.

A book, any book is only a collection of words on paper; it's the thoughts and beliefs of another person. As such a book can't change the way you behave. However, what it can do is provide you with the tools to enable you to make your own changes. For those who were children in a family where alcohol was used in an unhealthy manner there are a select groups of books that help provided the tools for such change - Adult Children of Alcoholics by Janet Geringer Woititz is one of those books. This is a simple book, it avoids jargon and academic theories and as a result is clear to read and therefore easy to understand. The book will mean different things to different people, depending on experience and perspective. Therefore, Woititz herself suggests the book may be useful in a number of ways: To gain greater knowledge and understanding of what it means to be a child harmfully effected by a parent's use of alcohol. As a self-help guide, for use in an individual's move towards development and growth. As a basis for discussion groups for adult children of alcoholics. The book is broken down into four linked chapters: What happened to you as a child, What is happening to you now, Breaking the cycle and What about your children. Each chapter is short yet to the point (indeed the book is only 106 pages long) and gives the reader an insight into the there and thens, the here and nows and possibilities of the future. I grew up in a family where one of my parents used alcohol in a way that was destructive not only to her but to her children. As a child I had no idea of what to expect in my family - the only constant that I knew was that on a regular basis my mum would be drunk when I came home from school.

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