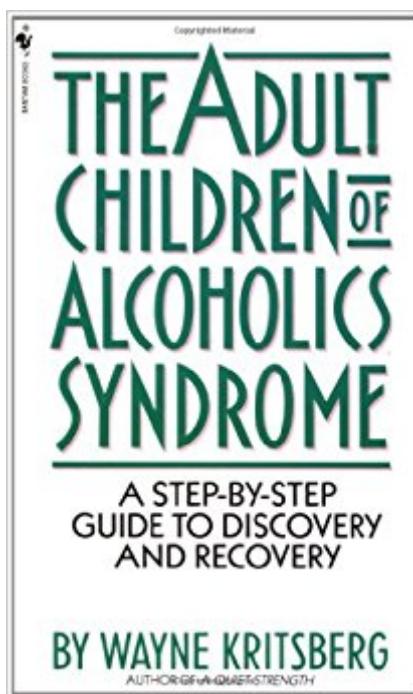


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# Adult Children Of Alcoholics Syndrome: A Step By Step Guide To Discovery And Recovery



## **Synopsis**

More than 28 million Americans grew up in alcoholic families. They bear a painful legacy of confusion, fear, anger and hurt--and they are at shockingly high risk of marrying an alcoholic or becoming alcoholics themselves. In this authoritative book, Wayne Kritsberg shows how to recognize--and remedy--the long-term effects of the dysfunctional, alcoholic family. His proven techniques, based on extensive clinical experience using the Family Integration System offer REAL help and REAL hope for adult children of alcoholics--and those they love.

## **Book Information**

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## **Customer Reviews**

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techniques, based on extensive clinical experience using the Family Integration System offer REAL help and REAL hope for adult children of alcoholics--and those they love.

This is absolutely the best book to help people understand the effects of growing up in an alcoholic family. I've used it in group therapy and with individual patients for years. The copy I just bought is a replacement for my original book which is cracked and yellowing. I highly recommend this book. The first part describes the effects of alcoholism on family members. The second part has a series of exercises to emphasize the message to the individual. It's great for group therapy.

Best I have seen on Adult Children. I recommend it

I learned a ton from this little book and wish everyone with an addiction or who has a friend/family member with an addiction would read it.

This book is in great shape, just as expected. Since my wife & I are both ACOA's, this book has been extremely helpful.

**DETAILED INFORMATION FOR ADULT CHILDREN OF ALCOHOLICS. VERY INTERESTING ANALYSIS OF VARIOUS PARTS OF FAMILY LIFE THAT AFFECT CHILDREN AND HOW TO OVERCOME THE EFFECTS OF ALCOHOLISM.**

Answered questions I had for all my life. Nobody talks about this stuff and it is so prevalent in our society. It enables me to have compassion for others now.

I discovered this book years ago and it was misplaced. While researching alcoholism for a class I'm taking at Georgia State University, I remembered the impact it had on my own life. Thank God for . I was able to order an excellent copy and introduce it to a new generation.

Great for helping one understand the dynamics of growing up in an alcoholic home. All of the issues they described are a perfect fit. I read this book years ago and reordered it recently because it is so useful.

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Adult Children of Alcoholics Syndrome: A Step By Step Guide To Discovery And Recovery Chronic

Fatigue Syndrome And Your Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) Recovery Essays: Narcotics, Addiction, Recovery, Alcoholics, Twelve Steps, Anonymous Groups, Thirteenth Step, Lions, Tigers, and Bears Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Strengthening My Recovery: Meditations for Adult Children of Alcoholics/Dysfunctional Families Discovery Map 85: Cork Kerry (Discovery Maps): Cork Kerry (Discovery Maps) (Irish Discovery Series) Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from Lupus with the Lupus Recovery Diet) Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love Adult Children of Alcoholics After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma Adult Children of Alcoholics: Expanded Edition ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES Struggle for Intimacy (Adult Children of Alcoholics series) Irritable Bowel Syndrome: Cure Irritable Bowel Syndrome Naturally And Live Free From Irritable Bowel Syndrome For Life (Natural Health Healing And Cures) Antique Hunting: Adult Coloring Books for Men in all Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1)

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