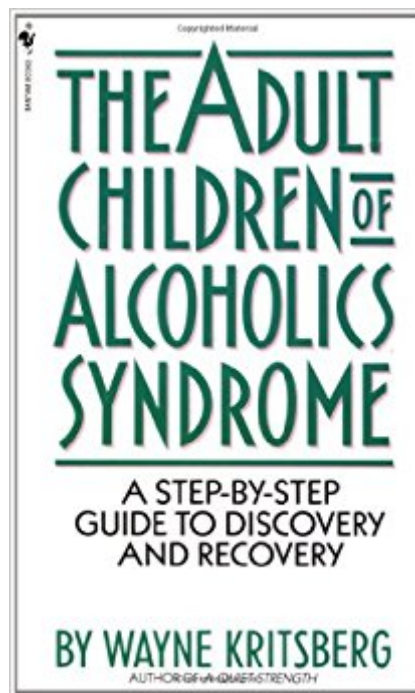




The book was found

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.

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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 s 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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