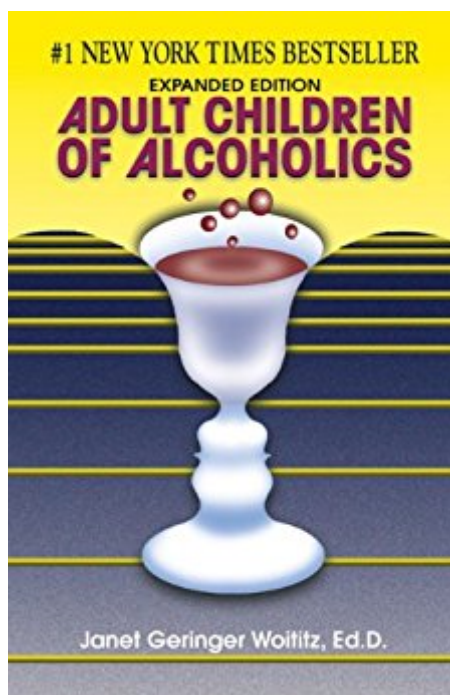


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Adult Children Of Alcoholics: Expanded Edition



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 ten years of working with ACoAs she shares the recovery hints that she has found to work. Read Adult Children of Alcoholics to see where the journey began and for ideas on where to go from here.

Book Information

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Customer Reviews

LIKE: The book is built on observation, very few conjectures or unrealistic

statements.RECOMMEND: I don't like alcohol, my dad is AA, but I have never understood the drinking obsession. So I grew thinking I was out of the scope of AA specially because dad stopped drinking when I was 9. But now I realized at 32 years old that I am very compulsive and cannot have a balanced approach towards work, food, shopping: it has to be always at the extreme, else is not worth the experience. So I arrived to this book and I see I comply to seven of the 13 characteristics

of adult children of alcoholics. THEN I recommend this book anyone who has lived with an alcoholic person.WHY 5 STARS: Based upon its utility for a person in similar circumstances.

Insightful reading for children that grew up in homes with alcoholics and the ensuing dysfunctional family life.I bought this copy for someone still suffering from the effects; I was hoping they would see themselves andgrow in self-understanding. It helped me when I read this book more than 10 years ago. I continuously said"Yes, that's me, that's me."

Really enjoyed this book. This book helped me understand why I am the way I am. Most of the stories shared in this book describes the environment I used to live in when I was a child and helped me get through it all. It's a must read for anyone who had parents who were alcoholics. You will find out that you are not the only one who have experienced something like this.

Cannot praise this book enough. Helpful for people who had difficulty growing up with a substance abuser or somehow missed out in the life skills department.

I will simply say that if you are an adult from an alcoholic or a dysfunctional family, READ THIS BOOK. It's short, sweet, and to the point. Lots of books meander around wasting your time with fluff. This one doesn't. Every sentence of this short dynamo is filled with practical meaning. If you are noticing a lot of caretaking, obsessive behavior, dysfunction in relationships, etc., you may be stuck in destructive behavior patterns and dynamics rooted in an alcoholic or dysfunctional family of origin. This book quickly rips to the point. I'm a recovering alcoholic and an addictions counselor. I recommend this book to my clients who invariably love it.

Why believe me? Because if the critics are right and I'm wrong, you've only tried one more thing and it only cost you ten bucks. This and the "LifeSkills" book are therapeutic dynamite!There are sections on what happened while you grew up and what is happening now, but section 3, "Breaking the Cycle," raises this book head and shoulders above all the knock-offs that followed it. (Note: The edition with the pink cover is an old edition that has no section 3. Be sure to get the "Expanded Edition" with the yellow/gray cover.)Therapists have a financial interest in keeping you coming back. If you recover and become functional, they lose you as a revenue stream. Moreover, a doctor told me that the medical students she knew who went into psychiatry did so "to straighten their own problems out." Most of them know nothing of the ACA syndrome, let alone how to fix someone who

has it. If you believe that a "higher power" and the twelve steps & disease model can save you, visit the ACA "world service organization" and observe pathetically sick ACAs with classic symptoms and behaviors. As the author points out, being an ACA is not a disease; it is a fact of one's history. Not one of the three one-star reviews has a speck of evidence that those liars even read the book. A couple others said that the book is too short or too simple; for them I would recommend *War and Peace* or *Advanced Differential Equations*. :-) Check it out and decide for yourself! I suggest highlighting the parts that resonate strongly with you because that makes for a quick review if you keep your copy. If no part of this book hits you like a freight train, then you are not an ACA.

This book is the start of my recovery. So much of what is in here I already knew, but I didn't know I knew. I learned that what is inside me is real and I'm not insane; I'm just an ACOA. Great read. Highly recommend it. I will be reading all of Janet's books.

In the midst of reading this book now. Has a good bit of the information from other AA or ACOA books I have read.

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