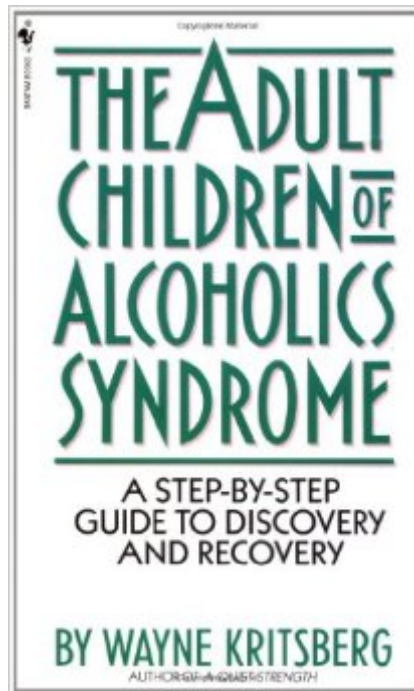


The book was found

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.Â Â 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.Â Â In this authoritative book, Wayne Kraitsberg shows how to recognize--and remedy--the long-term effects of the dysfunctional, alcoholic family.Â Â 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

Paperback: 176 pages

Publisher: Bantam; Reissue edition (March 1, 1988)

Language: English

ISBN-10: 0553272799

ISBN-13: 978-0553272796

Product Dimensions: 4.2 x 0.5 x 7 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (50 customer reviews)

Best Sellers Rank: #82,061 in Books (See Top 100 in Books) #34 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #96 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency #182 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

Customer Reviews

This is a solid, essential "101" for understanding the underpinnings of dysfunctional family dynamics, alcoholic families, and the emotional inheritance for those of us who've grown up in such families. If you know and care about someone who came from a family with alcoholism, this book will help you truly understand what it's like to be in their shoes. And if you are the adult child of an alcoholic family system, this book will set your head to nodding, "Oh, yeah, that's me."Kraitsberg details the characteristics, behaviors, and habits of alcoholic families and how they are passed down through the generations, even showing how and why someone can relate to the emotional issues of adult children of alcoholics without having alcoholic parents! For example, in Family Type 3, "Neither Jack nor Mary drink, but because Jack's father was an alcoholic, the dynamics of an alcoholic family will be continued in Jack and Mary's family." He goes on to write, "Both of Jack and Mary's children will have ACoA issues," even with non-drinking parents because it's the behavior

that's passed along, drinking or not. This book's most unique feature, aside from offering a complete blueprint of the architectures of alcoholic families, is that it provides an outline of the 4 family types: Type 1 is the family that's most obviously alcoholic, with active problematic drinking. Type 2 is the type of family in which the alcoholic parent stopped drinking and is in recovery but in which the family continues on behaving alcoholically...

[Download to continue reading...](#)

Adult Children of Alcoholics Syndrome: A Step By Step Guide To Discovery And Recovery Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) 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 The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love Adult Children of Alcoholics Adult Children of Alcoholics: Expanded Edition Struggle for Intimacy (Adult Children of Alcoholics series) After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma The Healing Journey for Adult Children of Alcoholics ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Fine Motor Skills for Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome) by Maryanne Bruni (2006-04-10) Teaching Reading to Children With Down Syndrome: A Guide for Parents and Teachers (Topics in Down Syndrome) by Patricia Logan Oelwein (1995-02-01) Paperback A Step-By-Step Learning Guide for Older Retarded Children (Step-By-Step Learning Guide Series; 2) Perfect Daughters: Adult Daughters of Alcoholics Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics Teaching Children with Down Syndrome about Their Bodies, Boundaries, and Sexuality (Topics in Down Syndrome) by Terri Couwenhoven 1st (first) Edition (10/10/2007) Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series)

[Dmca](#)