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ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES



Synopsis

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Customer Reviews

If you grew up in an addict household or dysfunctional household this book is perfect for you. While considering this purchase or are skeptical, just read the "Laundry List" in the book preview. When I read that, I felt like that was me on that page. If you feel that way as well, you should have no doubts about buying this. This is one of the greatest purchases I have made. It really is life changing.

Why was I consistently ending up in dysfunctional and unloving relationships and picking wounded, emotionally unavailable people as lovers? Why, after 30 years in another 12 step program, did I still hate myself? Why did I believe others could fulfill me through THEIR love? Now I have answers to those very questions. This book gives me the pathway to healing from the abuses I suffered from as a result of being brought up in an alcoholic home. It also gives me deeper insight and understanding into generational dysfunction and its affects on all family members. After reading this book (which I will continue to do until the day I die) I finally accepted the fact that the answer was inside me, and no one else, and that if I didn't learn to love myself, I was never going to find the happiness and contentment I was seeking. What this book suggests I do isn't easy, but it is do-able and definitely better than living the way I was living, which was most of the time in total confusion and denial about my own pain. I bought the text book from a 12-step group I attend that focuses on recovery from dysfunction homes and being involved in that group has helped tremendously. This review is from the downloaded version, which is word for word the same as the physical text book. Thank you to all

who participated in the development of this book. It's invaluable for those seeking recovery.

This review is for the kindle edition. The content itself is very good and thoughtfully organized. I appreciate a deeper approach of this text for those searching for a more complete recovery from the affects of family dysfunction. It would be helpful if the kindle addition would match the page numbers of the hard-copy. This book, in conjunction with the meetings, is a must for everyone, in my humble opinion.

I enjoy my hard copy but it's lost so I downloaded the Kindle version. Very handy and readable; however, the download doesn't display real page numbers. This unnecessarily complicates work with a partner. From web FAQs I understand that kindle only displays page numbers if the publisher includes them. Please do!

For any one who grew up in an alcoholic or otherwise dis-functional family, this book, together with 12 step meetings, may be the key to a better relation to oneself and others. I read in it regularly, though in rather small bits, as it is sometimes hard to digest. Not because it is difficult to read, but it can be very hard to look into a mirror. Although I am inclined to solve problems by my own, I think this book is best used in connection with 12 step meetings or a sponsor.

Wow! This is an intense book, but very worth it. After years of therapy and other programs, I discovered ACA and it has changed my life in less than a year. Very highly recommended.

So many people I have met from other 12 step programs have spent years in those programs struggling. Or they are doing well, but think they could be doing better. Then they pick up this book and have that moment of clarity and all of them say, "This is what I was missing! This explains so much." So many of the people in this country (USA) come from dysfunctional upbringings in one form or another that this book should be required reading. Do your self a favor. Get this book, read it, hit some meetings, and follow some suggestions. If you are willing to do that your life wil get better in some very real and perceivable way.

This a wonderful book. I am 24, I completely understand it and it hits the spot with everything - describing things I could never put into words with out learning. Perfect

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