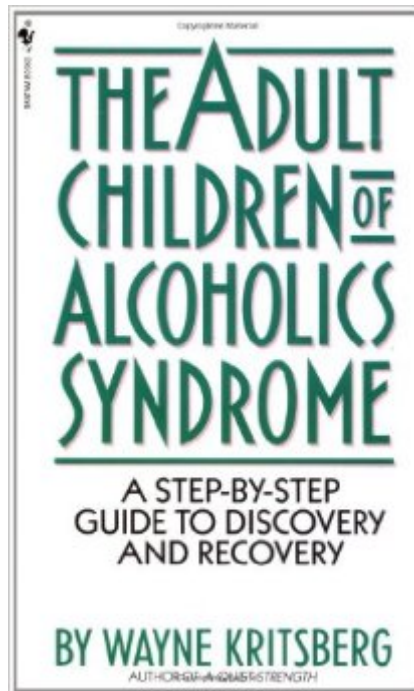


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# Adult Children Of Alcoholics Syndrome: A Step By Step Guide To Discovery And Recovery



## 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 Kraitsberg 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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Average Customer Review: 4.6 out of 5 stars See all reviews (50 customer reviews)

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

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