



After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma (Paperback)

By Jane Middleton-Moz, Lorie Dwinell

HEALTH COMMUNICATIONS, United States, 2010. Paperback.

Book Condition: New. 2nd Revised edition. 213 x 137 mm.

Language: English . Brand New Book. The trauma and grief of growing up in an alcoholic or addicted family create a lifetime of baggage. If you grew up in an addicted family, the dysfunction that permeated every aspect of your childhood may have seemed normal, and you may not even realize the level of affect alcohol still has on your adult life whether or not you drink. If you are one of the millions of Adult Children of Alcoholics (ACOAs), the cost of your childhood pain can be unbearable. You may have learned how to survive, but are you living your life? Do you fear normal conflict? Do you blame yourself when something goes wrong even when it isn't your fault? Are you a chaos junkie? Or do you just fear relationships because they are too difficult or too painful? Having devoted much of their careers to working with ACOAs, therapists Jane Middleton-Moz and Lorie Dwinell now take a deeper look into the origin and cost of childhood pain, as well as the grief resolution process that is integral to recovery. This revised...



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