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due to the ill effects of spending  
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Amazon. This best-selling book by Janet G. Woititz was the first to address the specific problems experienced by those who grew up in alcoholic homes. This expanded version includes experiences from various dysfunctional family backgrounds who share the same characteristics.

## **The 7 Books for Adult Children of Alcoholics of 2020**

In the 1980's, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. In this updated edition of her bestseller she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. After decades of working with ACoAs she shares the recovery hints that she has found to ...

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The messages that we give to ourselves

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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

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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.

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## **Adult Children Of Alcoholics: Expanded Edition PDF**

Adult Children of Alcoholics is not a general self help book. Coming from an emotionally abusive but non-alcoholic family, I was somewhat disappointed that its advice was so specific to alcoholic families. Still, I am glad that I finished reading it and here's why. 1.

## **Amazon.com: Customer reviews: Adult Children of Alcoholics ...**

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