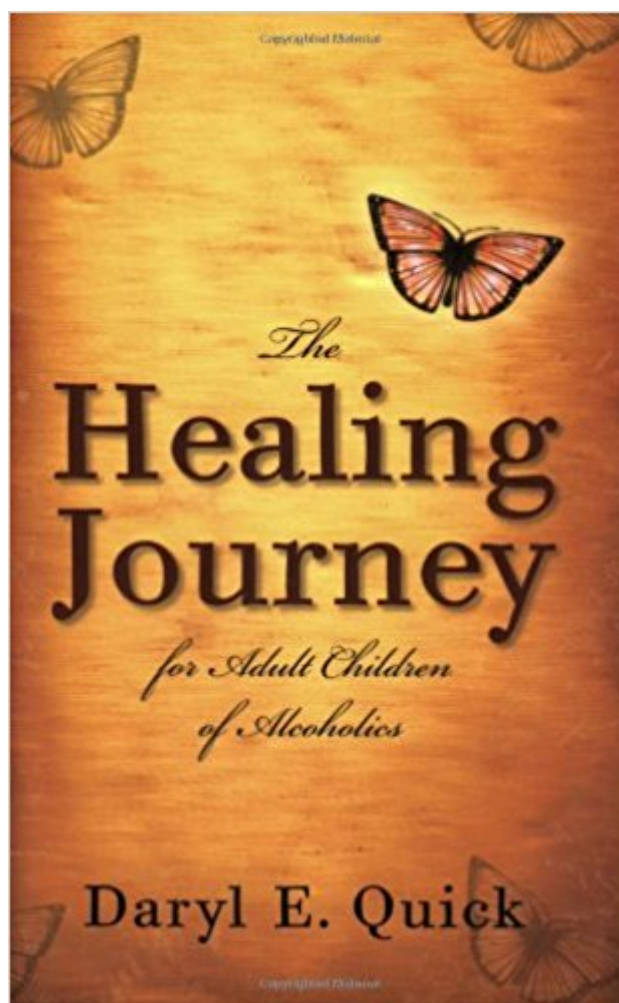


The book was found

# The Healing Journey For Adult Children Of Alcoholics



## Synopsis

I feel like people leave me abandoned all the time. Sometimes I'm so afraid for what seems like no reason. I just don't seem to have any energy. Why do the same thoughts keep racing through my mind? I usually don't feel happy or sad. If there isn't real excitement, I feel bored. I want to be close to people, but I just never make it. Do you see yourself in this list? Children of alcoholic parents have suffered wounds that affect their lives for years to come. They learn to protect themselves from the pattern of hurt that they have come to expect in life. The results of such constant vigilance against pain can range from ulcers, sleeplessness, addictions, depression and anger to a string of broken relationships. But adult children of alcoholics can go through a healing journey that will help them recover from their painful past and be set free to live as God intended. Daryl Quick takes readers step by step through new ways of feeling, thinking and acting that will replace the ineffective patterns they have been locked into for years. With moving stories and helpful exercises, Quick shows how adult children of alcoholics can find hope and healing. A book for those who want to recover from their past.

## Book Information

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Product Dimensions: 5.6 x 0.5 x 8.3 inches

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Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (13 customer reviews)

Best Sellers Rank: #729,447 in Books (See Top 100 in Books) #132 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #494 in Â Books > Religion & Spirituality > Religious Studies > Psychology #869 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

## Customer Reviews

I have read thousands of books over the years. I've sought different kinds of ways to help myself be a better person, mother, and in my career. Sometimes some of the struggles that occur in our lives due to negative experiences can carry into our futures. This book inspired me and let me know that I am not alone. The author brilliantly organized the book which flows and is an easy read. I use my

books. They aren't sitting on a shelf collecting dust. This is one of the books that you will highlight passages that inspire you....you will tab pages that are particularly relevant to you. I recommend this book to anyone who wants to get better, be better, and recapture their own self-power. Move from being a victim of circumstances into an empowered survivor!

I am still working with this book, and expect good results from the exercises. This is the first of a set of books recommended by a counselor, and I look forward to completing the whole list.

This is a great book for adult children of alcoholics who desire to understand and heal the brokenness that comes from being raised in that kind of home.

As an adult-child of an alcoholic who has been sober for 6 years, I can say I never truly understood the many ways that my parent's alcoholism affected my life and the way I interact with people. It was recommended to me that I read this book while I was going through sorority recruitment my freshman year of college after I bonded with one of my now sorority sisters over our parent's troubled histories. She told me the many ways this book had worked for her and suggested I check it out. This book helped me identify problem areas in my life and in my behaviors to understand what the problem is, why it came about, how to fix it, and how to heal myself. The author does a great job of addressing the fact that no two people have the same experiences in a troubled household (whether it be from abuse, alcoholism, or some other type of addiction) but that many times they suffer and cope in similar ways. Many of the messages hit very close to home for me and made me realize that I was not alone. It made me feel supported, which, as someone who tends to internalize my issues and not reach out for help when I need it, was very comforting and reassuring. It is not the most grammatically correct book, but the message is helpful, impactful, and straightforward. Definitely worth purchasing if you are struggling to understand your family member's illness in relation to your own life.

This is one of the best books I've read for acoa information AND for the starting of my healing. It has caused real progress in me and given me other methods of healing.

Practical, relevant, and realistic steps and advice. Recovery isn't easy but it is possible. There's hope for everyone who wants a new ending.

Excellent book for anyone who has suffered with being raised in a home with addictions. It provides hope, healing and rebuilding.

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