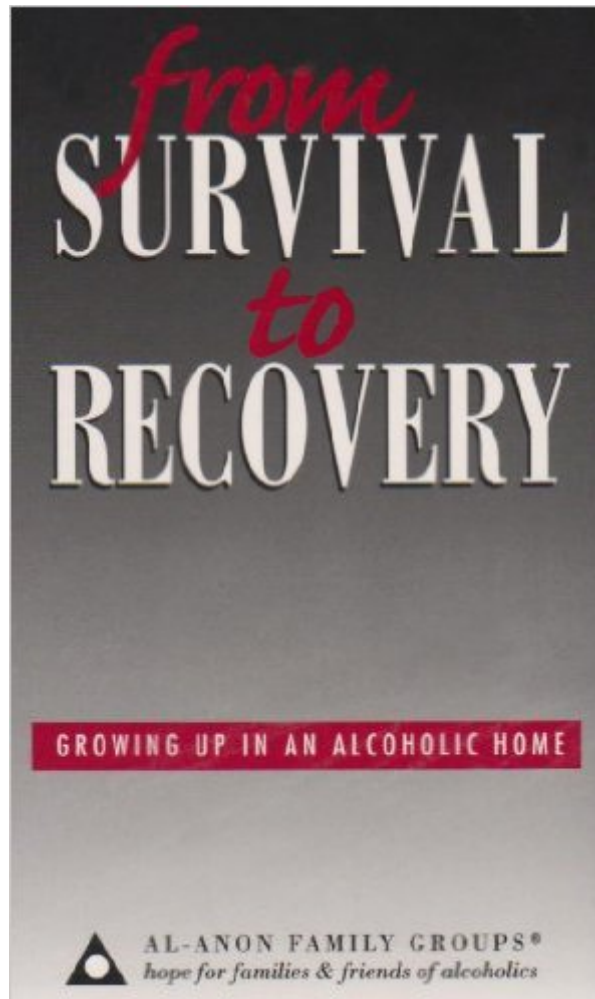


The book was found

From Survival To Recovery: Growing Up In An Alcoholic Home



Synopsis

301 paged hardcover "From Survival to Recovery". ISBN # 0910034974. The listing under that ISBN indicates it's an underlined edition. I can't find that this book is an underlined edition. Al-Anon Family Groups for Families and Friends of Alcoholics.

Book Information

Hardcover: 301 pages

Publisher: Al-Anon Family Group Headquarters, Inc. (July 1, 1994)

Language: English

ISBN-10: 0910034974

ISBN-13: 978-0910034975

Product Dimensions: 8.3 x 5.8 x 1.1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (66 customer reviews)

Best Sellers Rank: #45,568 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) #55 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare](#) #108 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

Customer Reviews

this was a wonderful book,it was so painful to read ,but so real,with out these stories that validated my own pain of growing up in my own family...where i felt so alone and abandoned and so out of control, this book helped me see that if i didnt work this stuff out in my own life that i would live it out and recreate the same scene in my own life..out of my aloneness and abandonment issues i would put this on other people and have the same expectations of them as i did of my family of original and those needs would not be meet because i was not healthy enough to find someone that was available as only the inavailable was attractive to me ...as i was also looking for someone to rescue and caretake just as i had learnt in my family..or i would find someone to rescue me..this book stopped me enough to get honest,and as without anything in life there is no gain without pain ..what a book...what a journey..the truth does set you free.have the courage to read this book it is amazing...its not about blame its about recovery..

This books takes an accurate and 'in depth' look at what it's like to grow up in an alcoholic/dysfunctional family. It gives a very good description of the feelings and characteristics of

Adult Children of Alcoholics. I could identify with many of the stories. This book gave me hope. If you're like me, there aren't many active ACoA meetings in your area. I attended Al-anon because it was more active in my area, and I definitely needed some type of support group that focused on addiction, but at times I felt out of place. It wasn't until I found this book that I actually felt a part of the Al-Anon family. Until I found this book, I often felt like an outsider looking in because there were no longer many active alcoholics in my life, but I was still suffering from the effects of alcoholism. This book shares stories that looks at the many different facets of growing up in an alcoholic home. I think it's a 'must have' for all Adult Children of alcoholics. I can now vouch for the phrase "Al-anon is for Adult Children of Alcoholics."

If you, as a child, young adult or parent, have experienced the challenges of an alcoholic or drug addictive home this is a MUST READ. I gained insight into the behavior patterns and character defects that were created by my family life. The stories shared are touching and inspiring.

I can't believe how much of my childhood, I had hid, and I much I could not heal and grow until I came into al-anon. This book made me take a good look at how growing up in an alcoholic home has effected me, and how it led me to an alcoholic marriage... I am truly grateful for coming upon this book, it has helped me tremendously in my paths to recovery. AMY

The key to this book is the point that it helps to target what is meant by "growing up in an alcoholic home." Many of us do not recognize that Alcoholism is a "generational disease" and that active drinking as we think of it is not always the indicator of this condition. Alcoholism is a disease of attitude and behavior long past the time the drinking has stopped, sometimes in a relative, sometimes in the immediate family. It is the behavior within the family and its cumulative affect on those that follow that is the indicator. It helps the process of understanding to follow a program with gentle support such as Al-Anon. This is Al-Anon Conference Approved Literature. It is written for anyone who wants to recover and needs the perspective of those who are going through the same process. It is written from the inside out through the stories of many participants. Al-Anon members share their experience, strength and hope with each other at meetings, through literature, and one on one. One of many pieces of literature written by Al-Anon directly for the family and friends of Alcoholics and considered essential by many to focus attention on personal growth but specifically targeting those who have grown up in an alcoholic environment.

I wish they hadn't revised this in 2006; the original was better. Minor nit. Still, it took Al-Anon a long time to address the literature needs of the adult children of alcoholics. If you think you're children weren't affected by the drunk in your home, think again and read this book.

This book was written by adult children of alcoholics. They write about their situations, their feelings and their life in recovery. Excellent book to help review and heal your childhood. Didn't grow up with an alcoholic? Survival has great ideas for anyone who wants a healthy life style.

I was in a desperate need of help, this book really opened my eyes to see the reality. Many times as dysfunctional family members, we tend to deny the truth. I would recommend this book to those who are sincere enough to look at reality and wanting a change for better. We don't have to live in the past, there are solutions and Hope for us. I would highly recommend to you, if you don't have one. You will benefit from it.

[Download to continue reading...](#)

How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) From Survival to Recovery: Growing Up in an Alcoholic Home Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know, or How to Stay Clean and Sober, Recovery from Addiction and Substance Abuse Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Build a Survival Safe Home: Over 40 Helpful Tips on How to Construct a Protected Shelter and Defend Yourself and your Family from Natural Catastrophes ... a Survival Safe Home Books, survival home) Cannabis: The Beginners Guide on How to Start Growing Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Marijuana Horticulture) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's Survival) Bushcraft Survival Guide: Important Bushcraft Skills To Survive

In The Wild: (Bushcraft Outdoor Skills, Bushcraft Carving, Bushcraft Cooking, Bushcraft ... Survival Books, Survival, Survival Books) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World Goes Silent: (Prepper's Guid, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Survival How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest) Gambling Addiction Recovery: Gambling Addiction Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking, Addiction) Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible)

[Dmca](#)