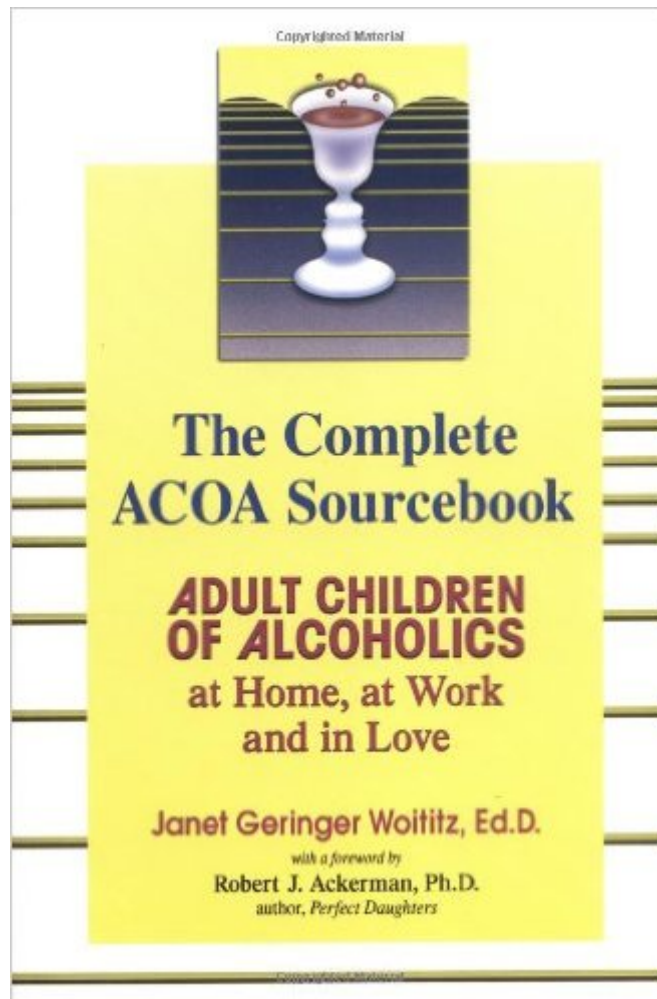


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# The Complete ACOA Sourcebook: Adult Children Of Alcoholics At Home, At Work And In Love



## Synopsis

When they were first released in the 1980s, Janet Woititz's groundbreaking works, *Adult Children of Alcoholics*, *Struggle for Intimacy* and *The Self-Sabotage Syndrome*, provided a new message of hope to adult children who had grown up in the shadow of alcoholic parents. Their message today is as profound and timeless as it was two decades ago. Now, in this complete collection, readers will learn again the insight and healing power of Janet Woititz's words. *The Complete ACoA Sourcebook* is a compilation of three of Dr. Woititz's classic books, addressing head-on the symptoms of *The Adult Children of Alcoholics* syndrome and providing strategies for living a normal life as an adult. Readers will find help for themselves: at home, in intimate relationships and on the job. They will discover the reasons for the way they think, believe and feel about themselves; ACoAs often feel isolated, have difficulty in relationships, in the workplace and in feeling good about themselves. Readers who are familiar with Woititz's work will find wisdom once again in this classic collection. Those new to ACoA will gain fresh insight into their behavior patterns and find an avenue for self-love and healing. Noted ACoA expert Dr. Robert Ackerman, author of the best-selling *Perfect Daughters* and *Silent Sons*, provides a foreword and explains why Janet Woititz's message will continue to help millions of readers for generations to come.

## Book Information

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## Customer Reviews

I'm 60+ years old and always wondered why in certain areas of my life I seemed to be just a 'cog off' in many of my thoughts and reactions to life. This book was one 'ah-ha' after another. I had worked through many of the 'glitches' on my own but it was a good feeling to finally understand from where

they had come. Not in a blaming way, just in an understanding way. I would recommend it to anyone from an alcoholic family who 'wonders' why they react in ways that are not 'the norm' and have needs that they have spent a lifetime trying to fill without being able to.

Adult children of Alcoholics are the same as we are at home, at work and in love. We are a breed of our own with many stumbles along the road to reality. I often wondered why I could start so many projects and yet abandon them long before completion, and why I never understood what normal was, taking myself and life too seriously and struggling to find appropriate levels of intimacy in all of my relationships. Author Janet Woititz leaves no stone unturned, no symptom or characteristic of an Adult Child unexamined. The book is divided into three parts based on its subtitle: How ACoA's function at home, at work and in love. Each part begins with a personal message from the author as if she takes the reader by the hand to offer validation and to lead us bravely through to the next section. There is even a chapter called "So You Love an ACoA" for those of us whose partners still totally don't understand what we survived. Regarding the ACoA at work, Woititz discusses our tendency towards workaholism, burnout and the subtle sabotage we may create in our jobs. A variety of professions are dissected: medical student, priest, foreman, counselor, supervisor, caregiver or any employee according to how the profession relates to the ACoA, what we need to look out for and how what we've been through grants us the knowledge of how to succeed in our chosen professions. The tail end of the book even features valuable guidance for Employee Assistance programs. This book is filled with several "Aha!" moments for me (especially Chapter 2 "What Happened to You as a Child?" and Chapter 3, "Breaking the Cycle.") I recommend its timeless information to any adult who grew up with an alcoholic parent or any form of dysfunction.

This was one of the most informative and helpful books I've read on the subject. It helped define the specific issues all ACOA's face and yet may not have realized were related to the experience. I'd highly recommend this book to all ACOA's and all of their family, friends or lovers that want to understand their loved one.

As someone who neither understood what was happening growing up, nor realized the damage that had been done, this book was a life saver. Because my childhood was nothing extreme (I wasn't abused or neglected) when I bought it I wasn't convinced I really needed it. After six months of collecting dust, I finally picked it up and quickly found myself in the middle of a full on (and much needed) psychological overhaul. It's amazing to me now how many things I'd never considered that

now seem painfully obvious. It brought my childhood into perspective simply by explaining the alternatives that never occurred to me. The emotional/psychological problems that I'd struggled with for years now have explanations. It explains that most of my day-to-day struggles are either a result of the examples that were set during childhood (or lack there of) or survival skills (now habits) that were necessary while growing up in an alcoholic household, but are no longer functional. For the first time I can look back and replay those childhood memories within the context of "Mom/Dad had a problem; I did not deserve to be treated that way." While it is a bit repetitious (as some of the other reviews claim) for someone who is trying to break habits and change thought patterns that have been the norm for years, a little repetition is a good thing. It covers absolutely everything and it's a huge relief to finally get a handle on it all. It's painful to read at times as it opens old wounds and even creates some new ones, but overall it was life changing. A 400 page "Ah-ha" moment.

As a person who just discovered the ACA laundry list; and as a result have become enlightened about the possibility of addressing the symptoms, this book kept me enthralled. As I read it, I felt comforted that my "issues" had a name and the "causes" of them made sense. However, after I finished the book, I can't help but feel let down because the solutions for how to address the "issues" were superficial at best. I am torn between giving a great review because the book assisted in the process of self discovery, and giving a less than perfect review because the promises of it being a 'source' book were not met. So I'll say if you're exploring this new world of how ACA's are "made up" and are looking for answers as to why you are "stuck", get the book. However, please know that you must seek out additional help, counseling, programs, information, tools, etc. to begin a comprehensive healing process to get "un stuck". The "answers" are NOT in this book. But at least it is a good start.

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