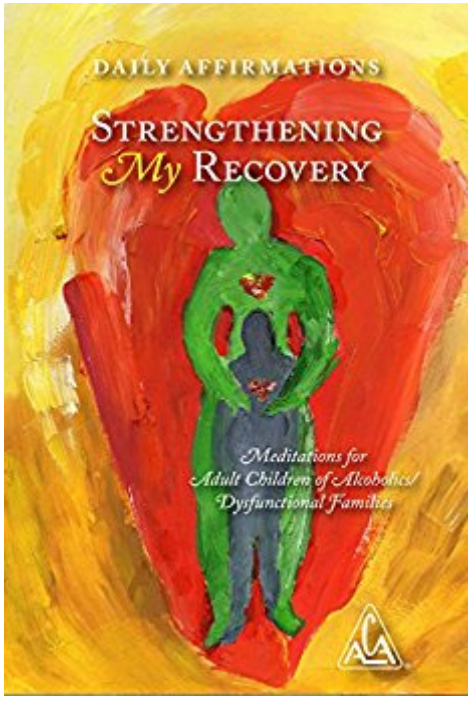
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Strengthening My Recovery: Meditations For Adult Children Of Alcoholics/Dysfunctional Families



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Synopsis

Daily Meditation book written by and for the Adult Children of Alcoholics (ACA/ACoA) Fellowship. Contributions reflect experience, strength and hope as part of the contributors' recovery journeys.Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program. ACAÃ¢â ¬â„¢s Tenth Tradition states that ACA has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy. ACAÃ¢â ¬â„¢s Sixth Tradition states that ACA ought never endorse, finance or lend the ACA name to any related facility or outside enterprise (or books/authors), lest problems of money, property and prestige divert us from our primary purpose. Thus, any suggestions of other authors or books (e.g., "Customers Who Bought This Item Also Bought") made on this website are solely those of the online retailer. ACA World Service Organization expressly disclaims any association with any authors or books, or with any online retailer and their affiliates. ACA WSO has adapted AA's Steps (with permission from AA) to address the effects of childhood trauma and neglect, and offer hope to ACAs worldwide.

Book Information

File Size: 2871 KB

Print Length: 405 pages

Publisher: ACA WSO INC. (September 28, 2016)

Publication Date: September 28, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01LY0W0OG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #239,257 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #40 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #81 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #131 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Customer Reviews

This daily meditation book is very good at getting right to the heart of the foibles of those who grew up in dysfunctional homes. The short commentary on passages taken from the Big Red Book of ACA give something to think about during the day as well as encouragement on the path to clarity.

A collaborative work by people who have done an honest search of their lives to understand the causes and effects of their own dysfunction.Don’t read this collection of daily meditations unless you want to recover from your own dysfunctional behavior.

This took awhile to develop but it is here and it is now electronic. It’s worth every penny. Every day of the year a member shares about a certain topic, the standard readings are all in the back too; beautiful artwork too.

powerful life changing

Very thought provoking. It really speaks to the dysfunction that I grew up in and offers hope.

Beautiful book -- and highly useful!

Absolutely love this book and what it gives to my daily recovery program.

Just an amazing book, has helped me through tough times!!

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