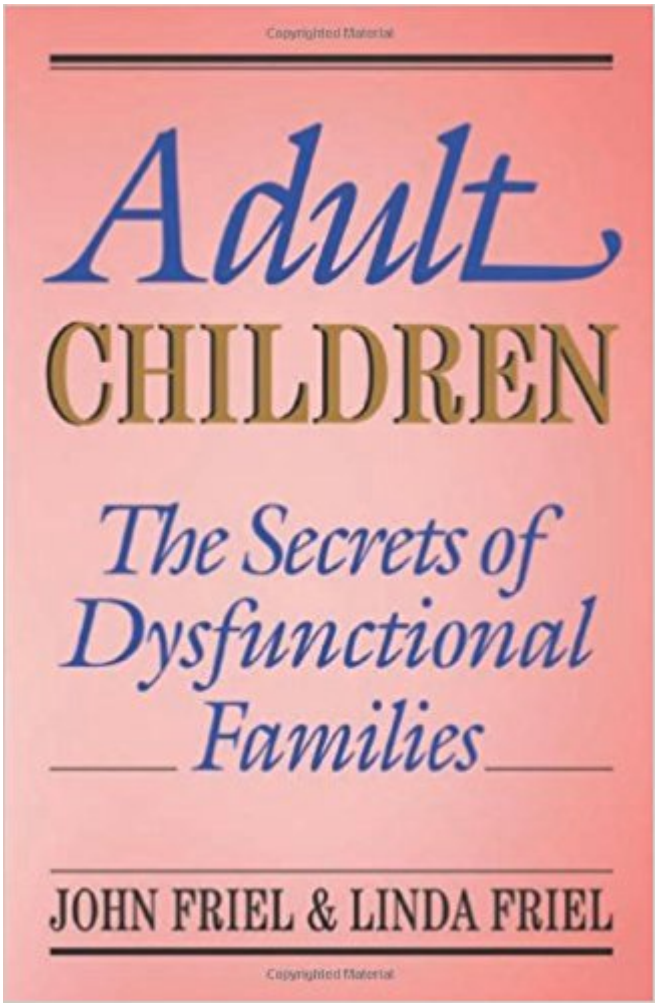
Ebook Directory
the best source of ebook

The book was found

Adult Children Secrets Of Dysfunctional Families: The Secrets Of Dysfunctional Families



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one? Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

Book Information

Paperback: 200 pages
Publisher: HCI; First Printing edition (January 1, 1988)
Language: English
ISBN-10: 0932194532
ISBN-13: 978-0932194534
Product Dimensions: 5.6 x 0.5 x 8.2 inches
Shipping Weight: 10.4 ounces (View shipping rates and policies)
Average Customer Review: 4.6 out of 5 stars 89 customer reviews
Best Sellers Rank: #51,266 in Books (See Top 100 in Books) #60 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Codependency #95 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #1170 inÃ Â Books > Self-Help > Relationships

Customer Reviews

John C. Friel is a psychologist in private practice and is director of the St. Paul/Minneapolis Lifeworks Clinic, an intense short-term treatment program for Adult Children, Co-dependency, Addiction and compulsivity issues.Linda D. Friel is a Certified chemical Dependency Practitioner and has designed and implemented a hospital-based co-dependency treatment program. She currently specializes in therapy for Adult Children, Co-dependency issues and for Survivors of Physical, Sexual and Emotional Abuse.

It is the best book to read if you want to know about various family dysfunctions. It is obvious that we all have a problems sometimes but many of us have a severe dysfunctions because of a neglect and abuse in childhood.This book every parent should read , to be a good parent we need to know how and often we don’t know or don’t understand . We have a responsibility to do the best job we

can , we need to love our children. The author takes us through some examples of family dynamics and we learn how it effects the children and even the next generation.Highly recommended book ,must read.

Helps me to understand family dynamics and communication gaps, as well as toxic behaviors.

Wow, finally a book that put the problem in it’s true perspective. The definitions, stories and explanations clarified the situation as it was and provided a framework for a solution that was attainable. I highly recommend this book for anyone who identifies as an Adult Child.

Good information

great book

Really insightful and helpful for both AC’s of whatever dysfunction and their partners! I highlighted this book like crazy, especially when combined with The ACoA Trauma Syndrome by Tian Dayton, PhD. If this book hits home for you, I also highly recommend you read that as well. Very complementary.

I’ve read self help books for about ten years now. This one is one of the best I’ve ever read.Yes, there are some kind of silly parables about emotions, but this has had the most useful information. Totally worth the price.

Excellent book on family dysfunction.

Download to continue reading...

Adult Children Secrets of Dysfunctional Families: The Secrets of Dysfunctional Families Healing The Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families (Recovery Classics Edition) Strengthening My Recovery: Meditations for Adult Children of Alcoholics/Dysfunctional Families ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES Stories That Heal: Reparenting Adult Children of Dysfunctional Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures) Antique Hunting: Adult Coloring Books for Men in all Departments; Adult

Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families (Raising Children, ... Blended Families, Blended Family Book 5) Sex Outside the Lines: Authentic Sexuality in a Sexually Dysfunctional Culture Hello, My Name Is Mommy: The Dysfunctional Girl's Guide to Having, Loving (and Hopefully Not Screwing Up) a Baby 21st Century Adult Cancer Sourcebook: Adult Acute Myeloid Leukemia (AML), ANLL, Myelogenous or Myeloblastic Leukemia - Clinical Data for Patients, Families, and Physicians Adult Coloring Book For Men: A Manly Mans Adult Coloring Book: Cyborg Women, Military Machines, Futuristic Battles, Western Armory, Fish Illustrations ... With Cars (Adult Coloring Books) (Volume 4) Adult Coloring Book: Adult Cuss Word Alternatives: 50 Original Swear Word Designs (Adult Coloring Books) (Volume 2) Witches in Autumn Adult Coloring Book: Autumn, Halloween, Anime, and Manga Fantasy Adult Coloring Book (Anime and Manga Witches Adult Coloring Books) Adult Coloring Book Palooza: 50 Original Adult Coloring Assorted Designs (Adult Coloring Books) (Volume 3) German children's book: My Daddy is the Best. Mein Papa ist der Beste: German books for children.(Bilingual Edition) English German children's picture ... for children:) (Volume 7) (German Edition) 327 New Testament Bible Stories for Children-100 Children's Bible Songs-Dramatized Children's Audio Bible-Christian Music for Kids Children ... of Nazareth-For Fun or Home School Curriculum Adult Children, Adult Choices: Outgrowing Codependency

Contact Us

DMCA

Privacy

FAQ & Help