



## Recovery: A Guide for Adult Children of Alcoholics

By *Herbert L. Gravitz, Julie D. Bowden*

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### **Recovery: A Guide for Adult Children of Alcoholics** By *Herbert L. Gravitz, Julie D. Bowden*

Rich with insight and awareness, *Recovery* explores the secrets, fears, hopes and issues that confront adult children of alcoholics. Authors and widely respected therapists and ACOA workshop leaders Herbert Gravitz and Julie Bowden detail in a clear question-and-answer format the challenges of control and inadequacy that ACOAs face as they struggle for recovery and understanding, stage-by-stage: Survival

- \* Emergent Awareness
- \* Core Issues
- \* Transformations
- \* Integration
- \* Genesis.

If you feel troubled by your past, *Recovery* will start you on the path of self-awareness, as it explores the searching questions adult children of alcoholics seek to have answered:

- \* How can I overcome my need for control?
- \* Do all ACOAs play the some kind of roles in the family?
- \* How do I overcome my fear of intimacy?
- \* What is all-or-none functioning?
- \* How can ACOAs maintain self-confidence and awareness after recovery?
- \* How do ACOAs handle the family after understanding its influence?
- \* And many other important questions about your past, family and feelings.

Written with warmth, joy and real understanding, *Recovery* will inspire you to meet the challenges of the past and overcome the obstacles to your happiness.

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- Sales Rank: #42119 in Books
- Brand: Touchstone
- Published on: 1987-09-15
- Released on: 1987-09-15
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .40" w x 5.50" l, .30 pounds
- Binding: Paperback
- 144 pages



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