



Recovery: A Guide for Adult Children of Alcoholics

By Herbert L. Gravitz, Julie D. Bowden

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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 post, *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 same 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 post, family and feelings.

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

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Melissa Ray:

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