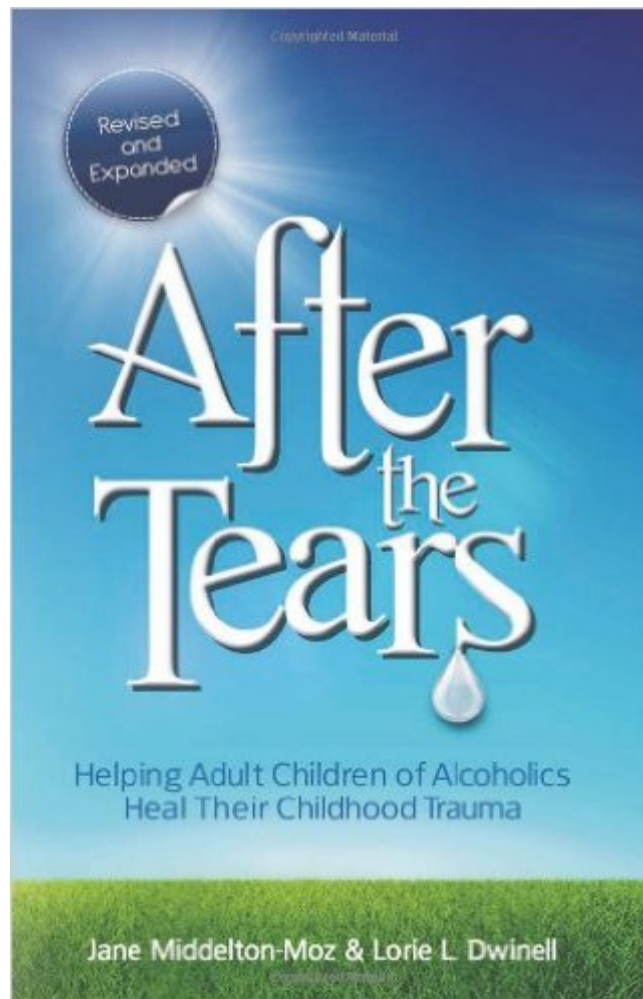


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# After The Tears: Helping Adult Children Of Alcoholics Heal Their Childhood Trauma



## Synopsis

The trauma and grief of growing up in an alcoholic or addicted family create a lifetime of baggage. If you grew up in an addicted family, the dysfunction that permeated every aspect of your childhood may have seemed 'normal,' and you may not even realize the level of affect alcohol still has on your adult life—whether or not you drink. If you are one of the millions of Adult Children of Alcoholics (ACOAs), the cost of your childhood pain can be unbearable. You may have learned how to 'survive,' but are you 'living' your life? Do you fear normal conflict? Do you blame yourself when something goes wrong—even when it isn't your fault? Are you a chaos junkie? Or do you just fear relationships because they are too difficult or too painful? Having devoted much of their careers to working with ACOAs, therapists Jane Middelton-Moz and Lorie Dwinell now take a deeper look into the origin and cost of childhood pain, as well as the grief resolution process that is integral to recovery. This revised and expanded edition of their groundbreaking 1986 hit *After the Tears* discusses the latest research and offers insights on living a good life despite a dysfunctional childhood by tackling issues such as intimacy, sibling relationships, codependency, breaking the alcoholic pattern, building a relationship with the inner child, forgiveness, and opening a window to spirituality.

## Book Information

Paperback: 312 pages

Publisher: HCI; Rev Exp edition (September 1, 2010)

Language: English

ISBN-10: 0757315135

ISBN-13: 978-0757315138

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (67 customer reviews)

Best Sellers Rank: #32,333 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #85 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #121 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

## Customer Reviews

I'll have to come back and write more about this book when I have some more time, but for now let me just say that I was amazed by how accurately aspects of my life were described by the authors--

they pegged me like no one has ever done, and once I read those many many descriptions I knew I was hearing from very talented and thorough experts in this so very relivant field yet so dramatically unexplored and insufficiently discussed. If you had a parent or two that could be considered alcoholics, please, please... For your own good and for the field of very important and effective study, Do not pass up this book. This book is in the top 5 most impactful and influential books I've read in my entire life, and I've read a lot. It may well be the most caring, intelligent, loving, considerate & thoughtful book I've ever read. So well done. I listened to the audio version while doing my daily walks/runs. I let so much of my past come up and release as the author triggered memories and gave me super insightful perspectives that truly had me reevaluating so much of my life and myself, the how and why I developed to be the person I am, and opening me up to with enough of the tools and courage needed to really take a look at my upbringing and feel through the repressed traumas as my adult self loving and embracing my childhood self, who was so much more affected by my parents drinking than I was ever willing or able to realize. Perhaps it won't resonate with all ACOA's, but for those who are ready to throw down their armor and go within themselves in surrender to the scary repressed emotions within with courage and the flashlight and voice that is this book, prepare yourself for the bittersweet pain, joy, release, understanding, and... the tears.

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