



Adult Children of Alcoholics

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Product Description Ten years ago, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. Today she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. After more than ten years of working with ACoAs she shares the recovery hints that she has found to work. Read Adult Children of Alcoholics to see where the journey began and for ideas on where to go from here. About the Author Janet Woititz was the author of Adult Children of Alcoholics, which was on the New York Times bestseller list for over a year. She wrote several other books, including Lifeskills for Adult Children; The Self-Sabotage Syndrome; The Struggle for Intimacy; Marriage on the Rocks; Healing Your Sexual Self and many others. Woititz was the director and founder of the Institute for Counseling and Training in West Caldwell, New Jersey.

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