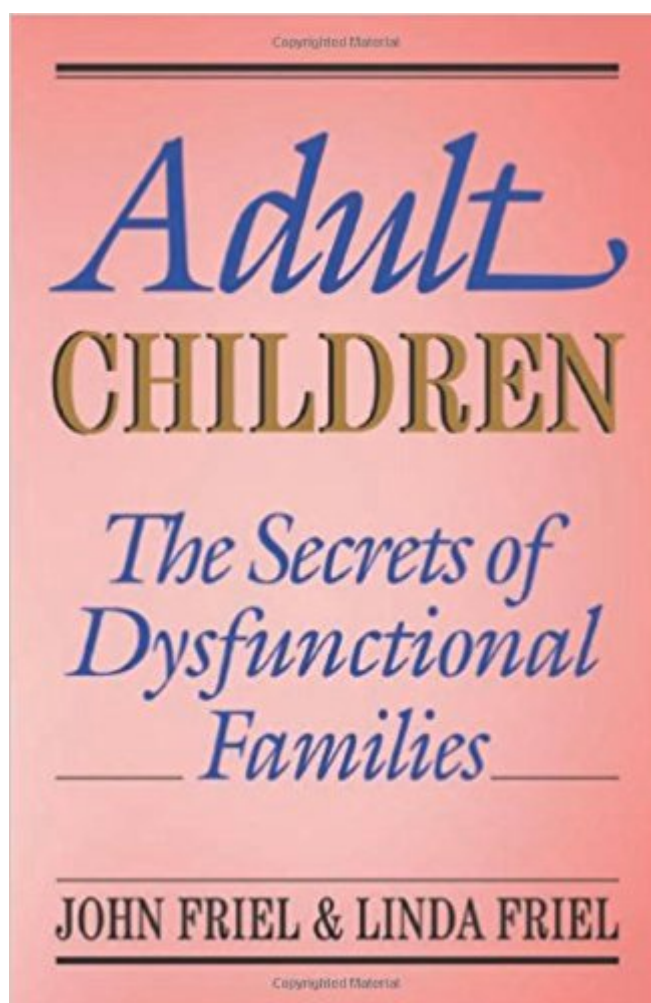


The book was found

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



## 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

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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 in Books > Health, Fitness & Dieting > Mental Health > Codependency #95 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #1170 in 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.

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