



The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love

Janet Geringer Woititz, Robert J. Ackerman (Foreword)

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When they were first released in the 1980s, Janet Woititz's groundbreaking works, *Adult Children of Alcoholics*, *Struggle for Intimacy* and *The Self-Sabotage Syndrome*, provided a new message of hope to adult children who had grown up in the shadow of alcoholic parents. Their message today is as profound and timeless as it was two decades ago.

Now, in this complete collection, readers will learn again the insight and healing power of Janet Woititz's words. *The Complete ACoA Sourcebook* is a compilation of three of Dr. Woititz's classic books, addressing head-on the symptoms of The Adult Children of Alcoholics syndrome and providing strategies for living a normal life as an adult. Readers will find help for themselves: at home, in intimate relationships and on the job. They will discover the reasons for the way they think, believe and feel about themselves; ACoAs often feel isolated, have difficulty in relationships, in the workplace and in feeling good about themselves.

Readers who are familiar with Woititz's work will find wisdom once again in this classic collection. Those new to ACoA will gain fresh insight into their behavior patterns and find an avenue for self-love and healing. Noted ACoA expert Dr. Robert Ackerman, author of the best-selling *Perfect Daughters* and *Silent Sons*, provides a foreword and explains why Janet Woititz's message will continue to help millions of readers for generations to come.

The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love Details

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From Reader Review The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love for online ebook

Christopher says

This book put so much into perspective when I picked it up a few years ago. Was life changing for me. I always thought I survived my unique family situation but never pondered any long term effects. This book (and a few others) changed my life, thinking and worldview.

B. Jean says

I had to take a break from this book because I started to have dreams about arguing with my alcoholic parent, hahaaaa. Anyway, a lot of this was eye opening for me. I thought that I am the way I am because it was some inherent fault of my own. Instead, I've learned that many of the things I think make up who I am, are actually not who I am, and are traits shared by people in similar situations. (I also definitely fit into the lost child role.)

I was told I was an ACOA recently by a counselor and I had no idea they had support groups for children of alcoholics. It was actually really relieving.

This explained a lot of why I just gave up in high school, how I quit activity after activity and pissed off a bunch of people. I burned out, I absolutely did. I was told that I was lazy when I didn't want to invite people to my house, but they could never know what I was dealing with. It would piss me off when people would joke that 'everyone's family is dysfunctional' when they had no idea of what it actually felt like. It also explains why I constantly try to sabotage myself when things are going well, why angry people scare me, why I can't touch alcohol.

The author wasn't joking when she said ACOAs are survivors.

Either way, highly recommend this book for anyone who is the adult child of an alcoholic. You're absolutely not alone and no, it was not your fault.

Tracie says

Definitely beats the Red Book currently being touted by the ACA WSO.

Alexander Sholtz says

This book is really incredible in its insight and its compassion. It has helped me better understand why I do the things I do, and feel the way I feel and what might motivate others. Could not recommend highly enough

if you think your childhood might not have been all that functional.

jenn says

knowing is half the battle.

David says

Very eye opening and well researched book. Some helpful stories and examples of the effects of growing up in an alcoholic home. Handy for ACOA's themselves or for those married to or counselling those from homes where a parent was an alcoholic. Be warned though, it can be quite confronting as it unravels many structures you may have built in your life as an ACOA.

Amy says

Excellent resource! So much insight into all aspects and facets of life. It validated me,... thus immensely important read!

Chris Hyde says

This book helped me to understand a bit more about why I do the things I do. I felt it gave good understanding but not enough of the help to overcome those traits. I will be looking for more resources to help with the overcoming part!

Susanna says

very helpful and informative! everyone who falls in this category needs to read this book! super helpful for you and your relationships!

Tal says

If you grew up in this situation or your spouse did, this is a must read.

Becky says

Recommended for any person affected by alcoholism or other compulsions in another person.

