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of Dysfunctional Families. John Friel, Linda Friel. Health Communications, Inc., 1988 - Family & Relationships - 198 pages. 1 Review. It is estimated that as many as 34 million people grew up in alcoholic homes.

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of Dysfunctional
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Communications
Incorporated, Jan 1,
1990 - Self-Help - 208
pages. 1 Review. It is
estimated that as
many as 34 million
people grew up in
alcoholic homes. But
what about the rest of
us?

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A book entitled Adult Children Secrets of Dysfunctional Families written by John Friel, published by Simon and Schuster which was released on 01 January 2010.

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that as many as 34 million people grew up in alcoholic homes.

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Title: Adult Children:
The Secrets of

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By: John Friel Format:

Paperback Vendor: HCI

Publication Date: 1988

Dimensions:.50 X 5 1/2

(inches) Weight: 8

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million people grew up
in alcoholic homes.

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Secrets of Your Family
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Paperback - March 9,
1995 by William Henry
Cloud (Author), John S.

Townsend (Author),

Dave Carder M.A.

(Author), Alice

Brawand M.A. (Author),

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(Author), Earl R.

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more

**Secrets of Your
Family Tree: Healing
for Adult Children of**

...

Adult Children of
Alcoholics
(ACA)/Dysfunctional
Families is a Twelve
Step, Twelve Tradition
program of men and
women who grew up in
dysfunctional homes.
We meet to share our
experience of growing

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Families: The
Secrets Of
Dysfunctional

up in an environment
where abuse, neglect
and trauma infected
us.

Adult Children of Alcoholics & Dysfunctional Families ...

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Over time, the term

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Adult Children of
Alcoholics, or ACOA,
became known.

However, in recent
years the

understanding of
dysfunction in the
family has extended
beyond alcohol. The
new trend is to refer to
those that grew up in
such circumstances as
Adult Children of
Dysfunctional Families.

**Wait, I'm not Crazy?!
Adults Who Grew Up**

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Of Dysfunctional
in Dysfunctional ...

Adult CHILDREN The
Secrets of
Dysfunctional Families
John C. Friel & Linda D.
Friel Health

Communications, Inc.
Deerfield Beach,
Florida

www.hcibooks.com

Library of Congress Cat
aloging-in-Publication

Data Friel, John C.,
1947- Adult children.

1. Adult children of
alcoholics. 2. Adult
children of narcotic

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addicts. 3. Problem
families. I. Title...

**Adult Children
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Families (John ...**

ADULT CHILDREN OF
DYSFUNCTIONAL
FAMILIES Every one of
us grew up in an
imperfect family.
Whether there was
alcoholism, drug use,
other addictions,
verbal, physical,
sexual, or emotional

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Of Dysfunctional
Families

abuse, mental illness,
perfectionism,
emotional or physical
neglect, criticism,
chronic illness, rigidity,
favoritism, rejection,
chaos, or any other

ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES

As Adult Children of
Dysfunctional Families,
we share many of
these characteristics:
... ignoring ourselves,
anger, criticism,

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Of Dysfunctional Families
keeping secrets, being strong, hiding our emotions, fixing others, acceptance of abuse, inability to set boundaries, addictions, and self-denial. They worked for a while, but prevent us from living healthy lives today.

Christian Recovery: Adult Children of Dysfunctional ...

Adult Children, the
Secrets of
Dysfunctional Families.

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THE best book I have ever read, because it uses various methods to make its points and open the readers mind to enlightenment on the broad but pervasive subject. I personally have given 32 copies to my closes friends and family members and loaned my copies multiple times.

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