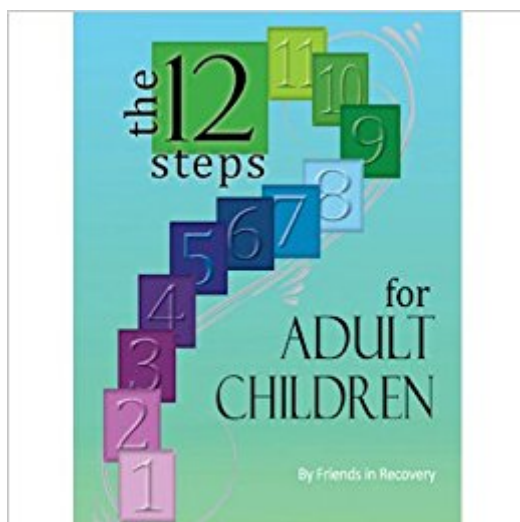


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# Twelve Steps For Adult Children



## Synopsis

A unique tool for adults suffering the effects of growing up in a troubled environment. This book offers a format for understanding and dealing with feelings of anger, guilt, fear and despair. By releasing the past, individuals learn that they are valuable and worthwhile just as they are

## Book Information

Paperback

Publisher: RPI Publishing; Revised ed. edition (March 1, 1996)

Language: English

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Product Dimensions: 6.1 x 0.6 x 8.7 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 27 customer reviews

Best Sellers Rank: #481,521 in Books (See Top 100 in Books) #92 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #401 in Books > Health, Fitness & Dieting > Addiction & Recovery > Twelve-Step Programs #584 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism

## Customer Reviews

A wonderful companion book to any and all twelve steps spiritual program. I use it to deepen my involvement with the steps. I don't just read this book and then move on as I would with a work of fiction. This textbook supplements my study and work at different fellowships. I highly recommend this kind and gentle text in your search for spiritual wholeness and peace

For people keen on adult child issues- this book would work as a manual, or a primer. Heavily based on AA principles it reaches to fundamentals of emotional growth. Could easily be used alone, or in a group... :D

A very nice way to review the 12 steps as they touch our lives as ACA's!

Very good book. Quick read through, then settle down to read slowly. Easy to understand. I would recommend this book to anyone wanting to learn more about this topic.

I was looking for a simple easy to read recovery book and found this one very well written. Thank you

"The 12 steps for Adult Children" takes the AA Big Book, and offers the wisdom to individual who struggled areas besides alcohol.

Working through this book was a lifesaver. a must if you grew up in a family disrupted by alcohol or if your parents grew up in one but did not manifest the disease.

The best 12 step book for dealing with issues resulting from growing up in a dis-functional family. I've used this book for 20+yrs. I also have copies of the updated editions.., but do not recommend them.., THIS edition is the best!

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Twelve Jewish Steps to Recovery (2nd Edition): A Personal Guide to Turning From Alcoholism and Other Addictions • Drugs, Food, Gambling, Sex... (The Jewish Lights Twelve Steps Series) Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures) Twelve Steps and Twelve Traditions It Works: How and Why: The Twelve Steps and Twelve Traditions of Narcotics Anonymous The Twelve Steps and Twelve Traditions of Overeaters Anonymous The Big Book of Alcoholics Anonymous (Including Twelve Steps and Twelve Traditions) Twelve Steps for Adult Children Steps of Transformation: An Orthodox Priest Explores the Twelve Steps Antique Hunting: Adult Coloring Books for Men in all Departments; Adult Coloring Books in Books; Adult Coloriing Books Travel in all D; Adult Coloring ... for Men in all D; Coloring Books Travel in al 3-Word Stories Coloring Book (Three Word Story Adult Coloring Book): The Adult Coloring Book of Colorist-Created 3-Word Stories (Adult Coloring, ... Adult Coloring Book Series) (Volume 1) Twelve Hours' Sleep by Twelve Weeks Old: A Step-by-Step Plan for Baby Sleep Success Agatha Christie: Twelve Radio Mysteries: Twelve BBC Radio 4 Dramatisations The Twelve Gifts of Birth (Twelve Gifts Series) Breathing Under Water: Spirituality and the Twelve Steps A Woman's Way through the Twelve Steps The Life Recovery Workbook: A Biblical Guide through the Twelve Steps A Gentle Path through the Twelve Steps: The Classic Guide for All People in the Process of Recovery A Woman's Way through the Twelve Steps Workbook One Breath at a Time: Buddhism and the Twelve Steps Codependents' Guide to the Twelve Steps

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