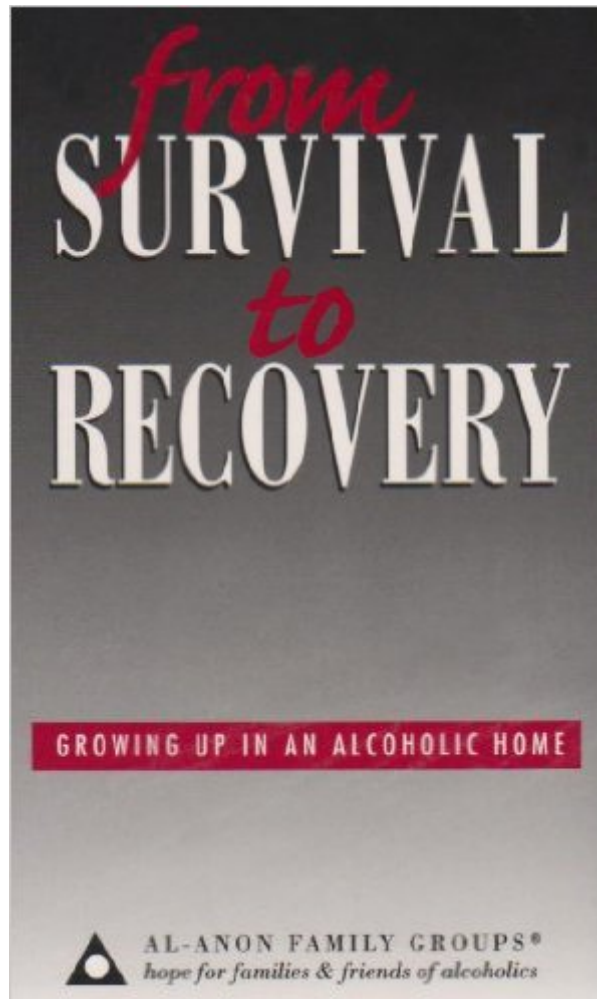


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# From Survival To Recovery: Growing Up In An Alcoholic Home



## Synopsis

301 paged hardcover "From Survival to Recovery". ISBN # 0910034974. The listing under that ISBN indicates it's an underlined edition. I can't find that this book is an underlined edition. Al-Anon Family Groups for Families and Friends of Alcoholics.

## Book Information

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Best Sellers Rank: #45,568 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) #55 in [Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare](#) #108 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

## Customer Reviews

this was a wonderful book,it was so painful to read ,but so real,with out these stories that validated my own pain of growing up in my own family...where i felt so alone and abandoned and so out of control, this book helped me see that if i didnt work this stuff out in my own life that i would live it out and recreate the same scene in my own life..out of my aloneness and abandonment issues i would put this on other people and have the same expectations of them as i did of my family of original and those needs would not be meet because i was not healthy enough to find someone that was available as only the inavailable was attractive to me ...as i was also looking for someone to rescue and caretake just as i had learnt in my family..or i would find someone to rescue me..this book stopped me enough to get honest,and as without anything in life there is no gain without pain ..what a book...what a journey..the truth does set you free.have the courage to read this book it is amazing...its not about blame its about recovery..

This books takes an accurate and 'in depth' look at what it's like to grow up in an alcoholic/dysfunctional family. It gives a very good description of the feelings and characterisics of

Adult Children of Alcoholics. I could identify with many of the stories. This book gave me hope. If you're like me, there aren't many active ACoA meetings in your area. I attended Al-anon because it was more active in my area, and I definitely needed some type of support group that focused on addiction, but at times I felt out of place. It wasn't until I found this book that I actually felt a part of the Al-Anon family. Until I found this book, I often felt like an outsider looking in because there were no longer many active alcoholics in my life, but I was still suffering from the effects of alcoholism. This book shares stories that looks at the many different facets of growing up in an alcoholic home. I think it's a 'must have' for all Adult Children of alcoholics. I can now vouch for the phrase "Al-anon is for Adult Children of Alcoholics."

If you, as a child, young adult or parent, have experienced the challenges of an alcoholic or drug addictive home this is a MUST READ. I gained insight into the behavior patterns and character defects that were created by my family life. The stories shared are touching and inspiring.

I can't believe how much of my childhood, I had hid, and I much I could not heal and grow until I came into al-anon. This book made me take a good look at how growing up in an alcoholic home has effected me, and how it led me to an alcoholic marriage... I am truly grateful for coming upon this book, it has helped me tremendously in my paths to recovery. AMY

The key to this book is the point that it helps to target what is meant by "growing up in an alcoholic home." Many of us do not recognize that Alcoholism is a "generational disease" and that active drinking as we think of it is not always the indicator of this condition. Alcoholism is a disease of attitude and behavior long past the time the drinking has stopped, sometimes in a relative, sometimes in the immediate family. It is the behavior within the family and its cumulative affect on those that follow that is the indicator. It helps the process of understanding to follow a program with gentle support such as Al-Anon. This is Al-Anon Conference Approved Literature. It is written for anyone who wants to recover and needs the perspective of those who are going through the same process. It is written from the inside out through the stories of many participants. Al-Anon members share their experience, strength and hope with each other at meetings, through literature, and one on one. One of many pieces of literature written by Al-Anon directly for the family and friends of Alcoholics and considered essential by many to focus attention on personal growth but specifically targeting those who have grown up in an alcoholic environment.

I wish they hadn't revised this in 2006; the original was better. Minor nit. Still, it took Al-Anon a long time to address the literature needs of the adult children of alcoholics. If you think you're children weren't affected by the drunk in your home, think again and read this book.

This book was written by adult children of alcoholics. They write about their situations, their feelings and their life in recovery. Excellent book to help review and heal your childhood. Didn't grow up with an alcoholic? Survival has great ideas for anyone who wants a healthy life style.

I was in a desperate need of help, this book really opened my eyes to see the reality. Many times as dysfunctional family members, we tend to deny the truth. I would recommend this book to those who are sincere enough to look at reality and wanting a change for better. We don't have to live in the past, there are solutions and Hope for us. I would highly recommend to you, if you don't have one. You will benefit from it.

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