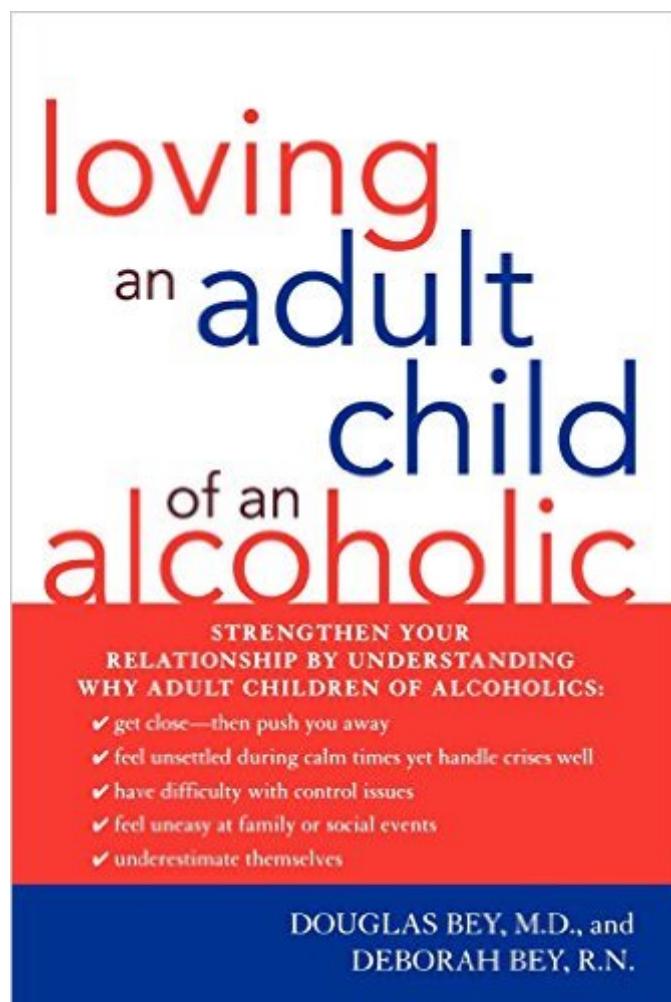


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# Loving An Adult Child Of An Alcoholic



## **Synopsis**

The child of an alcoholic develops patterns of behavior during childhood which carry over into adult life. As children they were taught to cover up the family secret and suppress their feelings. No matter what is going on, as adults, when asked how she or he is doing your partner will likely answer "fine." Distrust, fear of abandonment, and sensitivity to criticism are all major issues for your adult child. Recognizing these patterns and changing the ones that cause problems will help you and your partner enjoy a deeper relationship.

## **Book Information**

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## **Customer Reviews**

This book is a must read for anyone in a relationship, not only with an ACOA but adult children from most dysfunctional backgrounds. The pain that these adult children carry, the loneliness, anxiety, and fear that even they don't understand significantly effects intimacy and leads many of these relationships to end for all the wrong reasons. In most cases the adult child either doesn't realize how they are effected or won't share that with their significant other. This leaves the one in a relationship with an adult child unknowing of the troubles down deep inside their loved one. That's where this book comes in. Unfortunately, without the knowledge in this book (and books like it), good relationships end because the adult child wants out, thinking changing their circumstances will change how they feel but the only way to save not only the relationship, but themselves, is to look inside. The knowledge in this book will help both partners if they work hard and have faith that they can get through the struggle they are going through....

This book offers great insight into the common behaviors that ACOAs share. But its real value lies in the creative how-to tips that can help the spouse/significant other handle those unpredictable bumps that come with loving an ACOA. If you are committed to your ACOA and want to improve your relationship, this book can help.

After 25 years of marriage, I did not understand what I perceived as changes in my husbands behavior. Up until that point he was a very dependable, reliable father and husband. He began acting out with sporadic unexpected behavior. He announced, "I feel like I have been taking care of everyone else's needs in life, but my own ". He and I seemed to be drifting apart. Sometimes we were close, other times he would push me away. He seemed to be moving towards a more selfish life, one that did not include me or our children. The behavior forced me into therapy, by myself--he would not attend--just to figure out how to deal with it. My counselor suggested this book. My husband is an Adult Child of an Alcoholic (ACOA), and could be the poster child for this book. We were too busy rearing our own children to ever really effectively discuss his life growing up as the oldest son of an alcoholic father. Reading this book erased my ignorance about ACOAs. I became more empathic to my husbands past and came to understand why he was acting out. His negative behavior accelerated when he turned the same age his alcoholic father died. I learned a lot from reading this book, and was able to approach my husband with patience and empathy. This book points out the negative sides of ACOAs, but offers a positive approach and solutions for those of us who are involved in a relationship with ACOAs. My husband was open to discussing aspects of this book, and could see himself in many of the examples noted. The book really helped our communication. I thanks the Beys for taking the time to write this book, and highly suggest it for those who want to continue a loving relationship with an ACOA.

I have a whole shelf full of literature about alcoholism, addiction and recovery. This book by the Beys is without a doubt one of the best I've read. They combine a deep knowledge of the issues surrounding partners of "ACOA"s (adult children of alcoholic parents) with common sense advice, homey little case histories and even a joke or two in the section explaining the value of humor. Although the book is aimed at ACOA partners, I think it's full of wise advice for ANYONE who understands that relationships thrive and grow because of WORK. One charming thing about it is that the Beys freely admit that they don't have all the answers, and have even been wrong in their evaluations and suggestions in the past. Although everyone knows no one is perfect, it's rare to see this sort of candor in a book of this type. I am hoping to get my partner to read this as well, as I think

there's a lot that we can discuss from it. The only even slightly negative thing I would observe (and this is more a quibble than anything substantial) is that their writing style is a bit odd, with a strange avoidance of contractions and an aim at simplicity. It's almost as if it wasn't written by someone for whom English was their first language. That said, it's still very clearly written. Overall; extremely highly recommended.

As both an ACoA myself and being married to an ACoA, I bought this book hoping it would give me insight into both my wife and I. I am an avid reader who can typically finish a book within a day or two. However, I've been reading this book for 4 days now and am not even 1/4 of the way done. I just cannot get into it and finally deleted it from my Kindle as I now lack the desire to finish it. I feel the idea and intent are great, but it just doesn't accomplish what it's hoping to. It's poorly organized and written. They change topics mid paragraph with no warning whatsoever, leaving you confused and having to backtrack thinking you missed something. Points are also often needlessly repeated. For example, they created a chapter about something they had already thoroughly covered earlier in the book. I also felt as if some of the stories were made up. Some of the things they claim people said to one another just do not sound realistic at all. I also don't buy into some of the claims they make in the Using Humor section. If an ACoA is in a fit of rage over something stemming from her father leaving her sitting at the bar drinking a Pepsi while he got drunk and her spouses response to her rage is basically to chill out and have a pepsi I'll be there in a minute, it is more than highly unlikely the ACoA is going to find humor in that. It would more realistically further enrage them. I appreciate the authors time, effort and intent, but I just honestly don't feel as if this is the most helpful book available. Personally, they didn't cover anything that I hadn't already read in Adult Children of Alcoholics by Janet Woititz, and that was a much better read and well worth the money!

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