



The Adult Children of Alcoholics Syndrome

Wayne Kritsberg

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A complete self-help program for adult children of alcoholics. More than 28 million Americans grew up in alcoholic families. They bear a painful legacy of confusion, fear, anger and hurt--and they are at shockingly high risk of marrying an alcoholic or becoming alcoholic themselves. In this authoritative book, Kritsberg shows how to recognize--and remedy--the long-term effects of the dysfunctional, alcoholic family. His proven techniques, based on extensive clinical experience using the Family Integration System offer real help and real hope for the adult children of alcoholics--and those they love.

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