



It Will Never Happen to Me: Growing Up with Addiction As Youngsters, Adolescents, Adults

Claudia Black

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First published 20 years ago, *It Will Never Happen to Me* is the definitive book/workbook for adult children of alcoholics.

With her reassuring and informative approach, Claudia Black expertly identifies common issues faced by children who grew up in alcoholic families--shame, neglect, unreasonable role expectations, and physical abuse. Using narratives and profiles, she describes survival techniques characteristic of children raised in alcoholic families, including the unspoken laws of don't talk, don't trust, and don't feel. First explaining how such learned responses cause difficulties in adulthood, Black carefully guides readers in identifying self-defeating, destructive behaviors and finding a healthier, happier way to live.

Key features and benefits:

can be used by individuals or in a therapeutic setting.<.ul>

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Donna Beckman:Throughout other case, little men and women like to read book It Will Never Happen to Me: Growing Up with Addiction As Youngsters, Adolescents, Adults. You can choose the best book if you appreciate reading a book. So long as we know about how is important any book It Will Never Happen to Me: Growing Up with Addiction As Youngsters, Adolescents, Adults. You can add information and of course you can around the world by just a book. Absolutely right, since from book you can know everything! From your country until foreign or abroad you can be known. About simple matter until wonderful thing you could know that. In this era, we are able to open a book or maybe searching by internet system. It is called e-book. You need to use it when you feel bored stiff to go to the library. Let's learn.

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