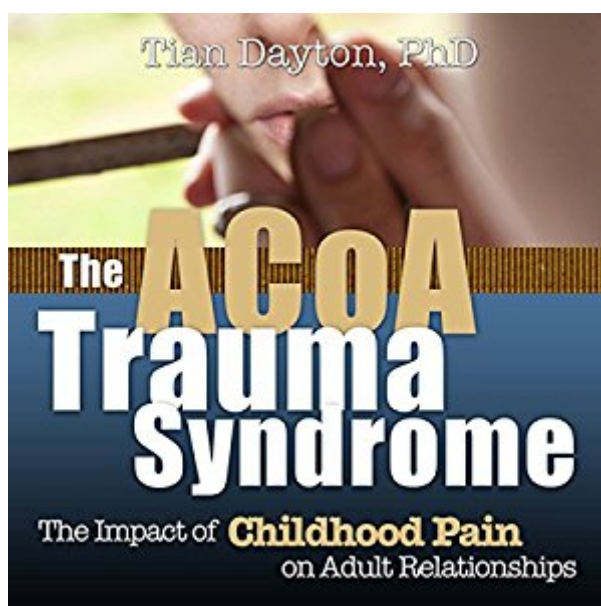


The book was found

ACOA Trauma Syndrome: The Impact Of Childhood Pain On Adult Relationships



Synopsis

Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long-term, post-traumatic stress effects that adversely compromise adult relationships. Best-selling author, psychologist, and psychodramatist Tian Dayton examines this trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences in childhood. She shows how these traumas can become catalysts for unhealthy, self-medicating behaviors including drug and alcohol abuse, food issues, and sex, gambling, and shopping addictions.

Book Information

Audible Audio Edition

Listening Length: 7 hours 14 minutes

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Version: Unabridged

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Whispersync for Voice: Ready

Language: English

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Best Sellers Rank: #44 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #164 in Books > Health, Fitness & Dieting > Mental Health > Codependency #528 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse

Customer Reviews

I purchased this book originally with the idea to better understand my significant other, an adult child of an alcoholic. I am a recovering alcoholic (18 years sober), and my grandfather was an alcoholic. I never saw my father (an ACOA) drink, but he said he stopped drinking when we (my brother and I) were kids so that we wouldn't have the life that he did, growing up with an alcoholic father. So many things in this book affirmed who I am--I felt odd and confused and sad and defective as a child, and as if something bad had happened to me, but have no recollection of any huge trauma. This book affirmed my experience and my feelings. It has helped me be more compassionate toward myself and to my significant other, who struggles with his own ACOA issues. I read many MANY books on recovery and alcoholism over the years, and this is the FIRST one that I have ever felt so validated

and so helped by! This book helped me understand why I react the way I do sometimes and how to change. I recommend it for ACOAs and alcoholics and addicts alike. Amazing book.

After 34 years of marriage to the most wonderful woman in the world, I know understand why my ACoA wife can change on a dime to someone other than herself. This book is a roadmark to sanity for husbands perplexed and yet in love with their ACoA wives. Thank you Dr. Dayton for your insightful book!

If you grew up in an alcoholic home, this book is for you. Concisely covers the hurt and pain of being a child of an alcoholic and the dysfunctional family dynamics that come into play with siblings and the other parent. Solid advice for healing the PTSD that you feel but didn't realize you had as the child who didn't have a voice or who had to stuff the pain to survive.

A must read for anyone who grew up in a dysfunctional or chaotic environment.

Valuable information. Every child of an alcoholic should read this book, it helped me immensely.

I found the book very profound never quite realizing before that devastating emotional experiences trigger the level of trauma that it does. This book is so eye opening I recommended to a friend of mine, it's an easy, profound, excellent read.

I am an ACOA and I am working a 12 step program in Al anon. I came across this book and I am amazed at how insightful it has been for me. I was unaware of the fact that those who suffer from the affects of alcoholism could suffer from PTSD and now after reading this book I am aware that many of my feelings and behaviors mimic that of suffering from PTSD symptoms. I am grateful to have the awareness and to know that by continuing to work my Al anon program along with the help of a therapist these unhealthy behaviors can be reversed and I can grow to live a healthy life for me and the people in my life. I would definitely recommend this book to a friend or anyone else suffering from the affects of someone Else's drinking.

Someone highly recommended this so I bought it and read it in 4 days. I wasn't familiar with the work of this popular author. It's practical, eye-opening...got our local library to order it too. Just got two of the author's videos about dealing with trauma--using psychodrama. I'm hooked...and am now

reading another book by the same author, *The Magic of Forgiveness*.

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