

Adult Children of Alcoholic Parents

Self-Help

1. *Adult Children of Alcoholics*
Janet Geringer Woititz; 1990
2. *The Adult Children of Alcoholics Syndrome
A Step-by-Step Guide to Discovery and Recovery*
Wayne Kritsberg; 1988
3. *Children of Alcoholism – A Survivor’s Manual*
Judith S. Seixas and Geraldine Youcha; 1986
4. *Healing the Child Within – Discovery and Recovery for Adult Children of
Dysfunctional Families*
Charles L. Whitfield; 1991
5. *Recovery: A Guide for Adult Children of Alcoholics*
Herbert L. Gravitz and Julie D. Bowden; 2015
6. *Twelve Steps to Self-Parenting – For Adult Children of Alcoholics*
Philip Oliver-Diaz and Patricia A. O’Gorman; 2010

Family Healing

7. *Facing Shame – Families in Recovery*
Merle A. Fossum and Marilyn J. Mason; 2015
8. *Getting Them Sober – Action Guide (Volume I) Questions and Activities for faster
Family Healing*
Toby Rice Drews; 1998

Parenting

9. *Children of Alcoholics – A Guide for Parents, Educators and Therapists*
Robert J. Ackerman; 1987
10. *Healthy Parenting – An Empowering Guide for Adult Children*
Janet G. Woititz; 1992

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