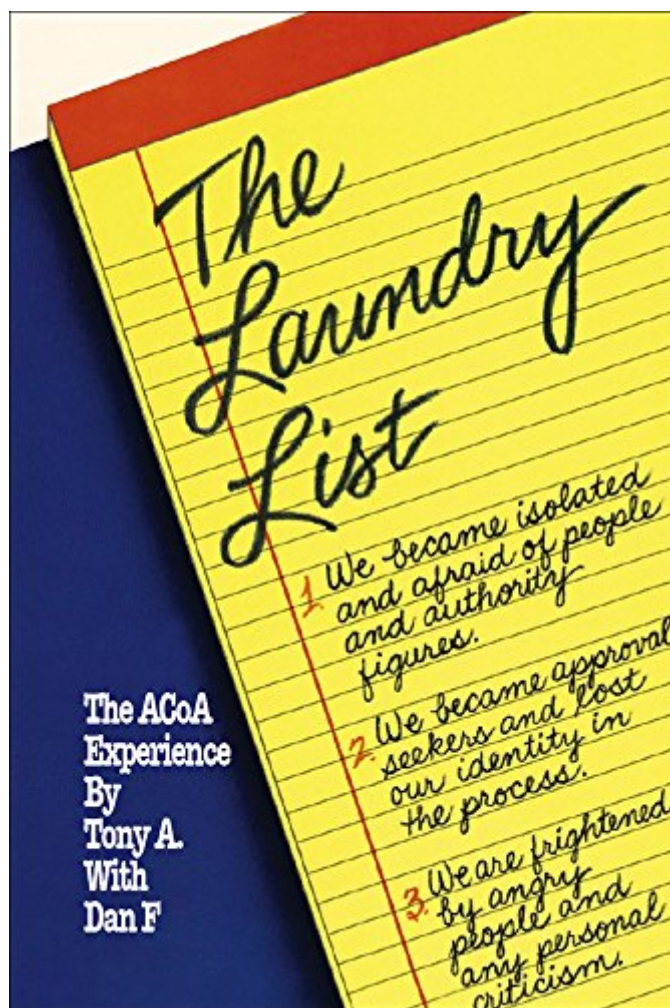


The book was found

The Laundry List: The ACoA Experience



Synopsis

If you were brought up in a family crippled with alcoholism, this book is for you. Tony A., the co-founder of the ACoA movement and originator of the "Laundry List," gives you an insider's view of what it means to be an adult child of an alcoholic and what this worldwide recovery movement offers its members.

Book Information

File Size: 638 KB

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in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #52 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #74 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Counseling & Psychology > Mental Health > Codependency

Customer Reviews

Helpful book. Painful book. I wouldn't say "I love it." However, it does deserve five stars.

I'm so happy that this book is now available at a reasonable price on Kindle. To give you a taste, here are the first few of Tony A's steps: 1. We admitted we were powerless over the effects of living with alcoholism and that our lives had become unmanageable. 2. We came to believe that a power greater than ourselves could bring us clarity. 3. We made a decision to practice self-love and to trust in a Higher Power of our understanding. 4. We made a searching and blameless inventory of our parents because, in essence, we had become them. 5. We admitted to our Higher Power, to

ourselves and to another human being the exact nature of our childhood abandonment.6. We were entirely ready to begin the healing process with the aid of our Higher Power....

I'd heard a bit of Tony A's story from the history in the beginning chapters of ACA's "Big Red Book." This book gives more intimacy and detail as well as different aspects and perspectives on recovery. One suggestion is about one's perspective of one's home group, and excellent suggested guidelines for journaling. Just finished the read---now time to re-read!

After decades of therapy, I found ACA and it has changed my life in less than a year. This book is a great asset along with the Big Red Book of ACA and their yellow 12-Step Workbook.

I really liked this book. I think it helped me understand myself more and helped my ACA journey

I loved this book. It showed me a lot about myself and my family. It also gave me some thinking to do and hopefully a new way to live.

love this book

Helpful clarification on expansion of the Laundry List to help in its application.

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