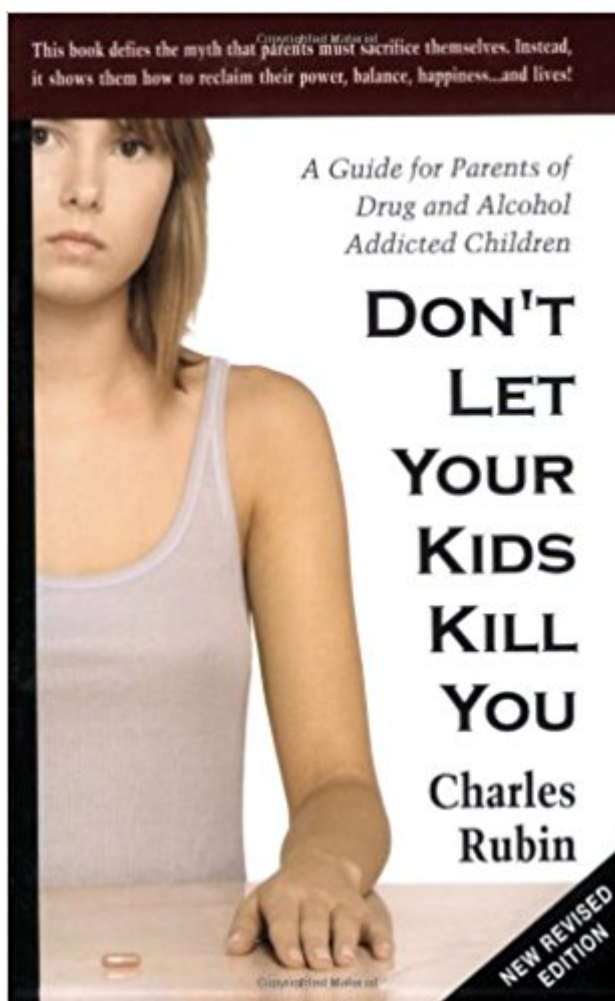


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# Don't Let Your Kids Kill You: A Guide For Parents Of Drug And Alcohol Addicted Children



## Synopsis

This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse. It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it. The book relies on spiritual but practical teachings and the message is for parents to attain a healthy balance in their lives through the letting go process. While showing parents how to safely distance themselves from the child's destructive patterns, it also shows how to recognize and support healthy requests for real help, if and when they come. It includes anecdotes and quotes from parents who have had to cope with kids on drugs and/or alcohol.

## Book Information

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## Customer Reviews

"Offers parents the means to attain a healthy balance in their lives despite their children's choices," -- Publishers Weekly "A radical and compassionate self-help guide for parents whose children are addicted to drugs or alcohol." -- Good Housekeeping Magazine "A book of great merit." -- Donna Hanover, ABC/TV, New York

Charles Rubin has been the subject of many TV interviews on CBS, NBC, ABC, FOX, and the BBC, as well as various family channels and hundreds of local TV and radio shows (152 interviews in 2009 alone). He is a Clio Award-winning writer and producer. His novels include Hard Sell and 4-F

Blues: A Novel of WWII Hollywood. The concept for DON'T LET YOUR KIDS KILL YOU developed during the process of surviving his two children's substance addictions. Rubin lectures regularly and hold workshops for parents, teachers, social workers and chemical abuse rehab personnel. Additionally, he is the president of the Inner Light Foundation in Petaluma, Ca, founded by his late wife, author Betty Bethards (The Dream Book-Symbols for Self Understanding which is the best selling book on dream analysis in the world). Rubin's latest book I'll Get Right Back to You and Other Annoyances published in October, 2010.

Very good book. I felt the writer was talking about me and the situation I am dealing with. It will be a book that I read again and again and refer to many parts in this book. When you are dealing with a child ( no matter what age ) with a drug problem you are dealing with one of the most difficult things in your life with this child/adult child. You think about it everyday, should you help or should you not, are you an enabler or not? This list goes on. This book tells you how to slowly get your life back, although painful, something that must be done. I take it day by day and follow the information provided by "Charles Rubin" no matter how hard it is to do. I'm not all the way there but have taken steps in the right direction in breaking free from the destruction of drugs on our children and realizing it's not our fault what choices our children make in life.

This is just the perfect book if you are really weary of being told YOU are the primary problem in your adult child's addicted life. That your endless enabling got them where they are in the mess they are in making you feel even more uncomfortable and guilty. It still points out ways we enable, but it is very helpful to give a little bit different perspective, insight and instruction as to how to recover yourself and how to repair your spirit. It is a very good follow up to Boundries with Your Adult Childresn by A. Bottke and Boundries When to Say Yes and When to Say No by Henry Cloud.... Best follow up for me in that this book tied up some loose ends (in my attempt to educate myself about addiction) regarding the role I have played in the the lives of my adult-child addicts. It clarified some concepts of my responsibility, and reinforced others from yet another perspective of a male parent who has two addicted adult children. It is, however, a powerful stand alone if you read nothing else but this. It is most helpful for me right now to read things specifically for parents. Other material helps, but I find books addressing issues for parents of adult-child addicts is more relevant to me at this point.

Unfortunately, we were in need of the book. After reading it living with an addict made a lot more

sense. I was able to see where we fell right in to the manipulation. It helped that our feelings and actions were pretty normal and the roller coaster ride is what it is and the choices are ours. Having a child that is an addict is different and this books helps address that. I would encourage anyone who is living this hell to read it.

Great book to read through the pain of your child's addiction. It's absolutely horrifying to watch your beautiful child become an addict. This book helped me learn to set boundaries and not feel guilty. "Helping" him was only assisting him with his alcohol abuse.

Excellent book. Enablers not only give their kids more money for drugs, and destroy themselves, but destroy all non-enablers in the family as well. This book calls it like it is, and people who make excuses to support drug addict kids won't like it if they aren't ready to hear it. It would be an interesting economics analysis to find out how much larger the drug trade is due to enablers pouring so much money into it. The only thing this book could have spent more time on is the transition from when you suspect to when you know -- drug addicts really are exceptional liars.

I'm so glad I ran across this book. Our 21 year old daughter experiments with drugs and alcohol. She has since she was 15. Nothing new, I know, however she's diagnosed with a personality disorder. She's violent and has hurt both her dad and I. She has 2 babies under 2 now and has abandoned them. I'm worn out and tired of her drama and so is my husband. I feel the knowledge I've garnered in this easy-to-read book is my first step to my own recovery and chance at a healthy happy life.

The world is full of people trying to help addicts. We talk about them all the time. We obsess about them. Hardly anyone offers help for parents, siblings, friends and relatives of addicts. It's all about the addicts. We fail in our responsibilities to the non-addicts among us. This book is the story of all who have an addict in their lives and how focusing on the addict makes our own lives and relationships into failures. After trying to fix my addicted daughter for fifteen years I began (with lots of help) to know that I could not fix her but could still save myself. This book confirms what I have learned and validates everything that all the therapists have been telling me. Doing the right thing for myself is still not easy but this book confirms that I am doing the right thing. All the parents who read this book need to form a club to help each other.

This is an emotionally challenging book. It has helped me understand a lot of things about myself and my addicted child. I recommend this for anyone who is dealing with an addicted child/adult child or other family member. Very fast read.

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