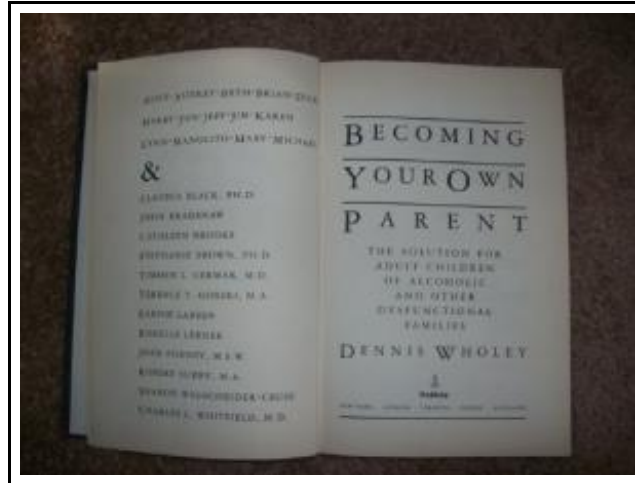


Becoming Your Own



Filesize: 1.13 MB

Reviews

This type of pdf is everything and helped me searching ahead and a lot more. It normally does not expense a lot of. You wont really feel monotony at anytime of the time (that's what catalogues are for relating to should you request me).

(Zella Bradtke)

BECOMING YOUR OWN



Doubleday Books, 1988. Hard cover. Book Condition: New. Dust Jacket Condition: Very Good. New in very good dust jacket. one tear on top left of front of the dust jacket Sewn binding. Cloth over boards. 285 p. Audience: General/trade. From Publishers Weekly Wholey, a recovering alcoholic, author of *The Courage to Change*, etc., addresses adults who exhibit low self-esteem, guilt or are unable to form lasting relationships as a result of having been emotionally abandoned in childhood by one or both parents afflicted with dysfunctions like alcohol or drug abuse, workaholism, compulsive gambling and other disorders affecting sexuality, eating habits and the like. He records group therapy sessions in which 14 such "adult children" recount their painful stories and are counseled and react to the advice of experts. Recovery and avoiding repetition of the family pattern, according to Wholey, consists in shedding dependency and building a sense of self-worth, which, the author advises, also may be fostered by joining Children of Alcoholics (COA), Adult Children of Dysfunctional Families (ACDF) or similar groups. 75, 000 first printing; major ad/promo; BOMC and Preferred Choice Book Club selections; author tour. Copyright 1988 Reed Business Information, Inc. From School Library Journal YA-- Wholey (author of *The Courage to Change* Houghton, 1984) has written a book which young people who are growing up in dysfunctional families need to have readily available. Many professionals who have made an impact on this emerging field in counseling and therapy have contributed to this volume. Wholey first introduces 14 adult children of dysfunctional homes. These people are survivors, and their personal accounts represent reality in a refreshing and dynamic way. They demonstrate that all problems do not go away just because you grow up, leave home, and seem to have a successful career. The second section addresses issues such as...



[Read Becoming Your Own Online](#)



[Download PDF Becoming Your Own](#)

Other Kindle Books



Growing Up: From Baby to Adult High Beginning Book with Online Access

Cambridge University Press, 2014. UNK. Book Condition: New. New Book. Shipped from US within 10 to 14 business days. Established seller since 2000.

[Save Book »](#)



A Little Wisdom for Growing Up: From Father to Son

Wipf Stock Publishers, United States, 2007. Paperback. Book Condition: New. 193 x 119 mm. Language: English . Brand New Book ***** Print on Demand *****.Description: A Little Wisdom for Growing Up is an ancient form...

[Save Book »](#)



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Save Book »](#)



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

[Save Book »](#)



Cloverleaf Kids: Kids and adults alike will enjoy these hilarious stories and antics of me, my siblings and our friends growing up in a small town in . over & over and always got a good laugh.

CreateSpace Independent Publishing Platform. PAPERBACK. Book Condition: New. 1482737256 Special order direct from the distributor.

[Save Book »](#)

**Decameron and the Philosophy of Storytelling: Author as Midwife and Pimp (Hardback)**

Columbia University Press, United States, 2005. Hardback. Book Condition: New. New.. 236 x 155 mm. Language: English . Brand New Book. In this creative and engaging reading, Richard Kuhns explores the ways in which Decameron

[Save Book »](#)

**Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.**

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.This isn t porn. Everyone always asks and some of our family thinks

[Save Book »](#)

**Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.**

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and

[Save Book »](#)

**Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had

[Save Book »](#)

**Runners World Guide to Running and Pregnancy How to Stay Fit Keep Safe and Have a Healthy Baby by Chris Lundgren 2003 Paperback Revised**

Book Condition: Brand New. Book Condition: Brand New.

[Save Book »](#)