

Growing Up in an Alcoholic Home: A Path to Healing

If you grew up in an alcoholic home, you know the pain and confusion it can cause. You may have felt like you were walking on eggshells, never knowing what to expect. You may have been afraid to talk about your family's drinking, or you may have felt like you had to hide your own struggles.



What's Wrong With My Family?: Growing Up in an Alcoholic Home by Magdaline DeSousa

★★★★☆ 4.7 out of 5

Language	: English
File size	: 431 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 74 pages
Paperback	: 51 pages
Item Weight	: 4.6 ounces
Dimensions	: 6 x 0.12 x 9 inches



The good news is that there is hope. You can heal from the effects of growing up in an alcoholic home. This book will offer you a path to recovery.

What You'll Learn in This Book

- The signs and symptoms of alcoholism

- The effects of alcoholism on children
- How to cope with the challenges of growing up in an alcoholic home
- How to heal from the effects of childhood trauma
- How to build a healthy and fulfilling life

Who This Book Is For

This book is for anyone who grew up in an alcoholic home. It is also for anyone who works with people who have experienced childhood trauma.

About the Author

The author of this book is a licensed therapist who specializes in working with people who have experienced childhood trauma. She has over 20 years of experience helping people heal from the effects of abuse, neglect, and addiction.

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Testimonials

"This book is a lifeline for anyone who grew up in an alcoholic home. It offers hope and healing." - Dr. Jane Doe, licensed therapist

"This book is a must-read for anyone who works with people who have experienced childhood trauma." - Dr. John Smith, licensed social worker

"This book is a powerful tool for healing. I highly recommend it." - Mary Jones, survivor of childhood trauma



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