



Safe Passage: Recovery for Adult Children of Alcoholics

Stephanie Brown

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Describes children of alcoholics and what they, as adults, must do to cure themselves of the effects of growing up with alcoholic parents. Dr. Stephanie Brown writes about a topic she knows both scientifically as well as personally. She describes how adult children of alcoholics can recover from the debilitating effects of their childhood by learning to accept rather than deny their parent's alcoholism. She also discusses how they can discover and face the truth about themselves through self-examination, group therapy and other means.

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