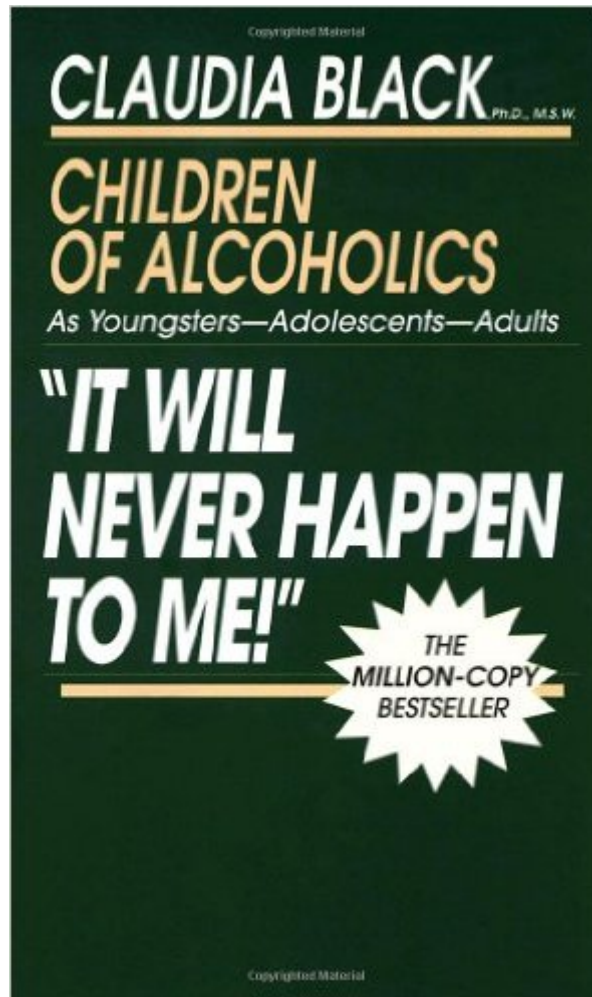


The book was found

'It Will Never Happen To Me!' Children Of Alcoholics: As Youngsters - Adolescents - Adults



Synopsis

This "little green book," as it has come to be known to hundreds of thousands of C.O.A.'s and A.C.O.A.'s, is meant to help the reader understand the roles children in alcoholic families adopt, the problems they face in adulthood as a result, and what they can do to break the pattern of destruction.

Book Information

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Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (109 customer reviews)

Best Sellers Rank: #36,318 in Books (See Top 100 in Books) #12 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #88 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #104 inÂ Books > Parenting & Relationships > Family Relationships > Abuse

Customer Reviews

Claudia Black has written extensively on the subject of Children of Alcoholics (COA) and Adult Children of Alcoholics (ACOA). In her book 'It Will Never Happen to Me' she has combined her considerable talent for jargon free language with the words and expressions of those who have experienced life as a COA/ACOA. The result is a wonderfully insightful book that will bring clarity to a great many people. A central theme of the book is an exploration of the roles that ACOA adopt as a means of coping with the events around them - the responsible one, the adjuster, the placater and so on. Often in childhood these roles are appropriate in that they enable the child to cope with their often traumatic experiences. However, in adulthood the over-dependency on these roles can lead to obsessions, neurosis, mental health problems amongst other issues. Furthermore, in a family where alcohol is used in an unhealthy manner the child learns to 'don't talk, don't trust and don't feel'.

Claudia Black gives the reader an insight in to the possibilities that exist for the adult child to break away from the scripts that have been set for them by others. The message is 'it doesn't have to be this way'. I was the responsible child, the hero of my family. I did well at school, was good at sports,

succeeded in almost all areas. I went on the University, gained a good degree, a counselling qualification and then a Masters - as an adult I was fulfilling my script to be responsible, to achieve, to be the hero. I was also in a succession of relationships where I took on the role of carer, replicating the role that had developed in my family.

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