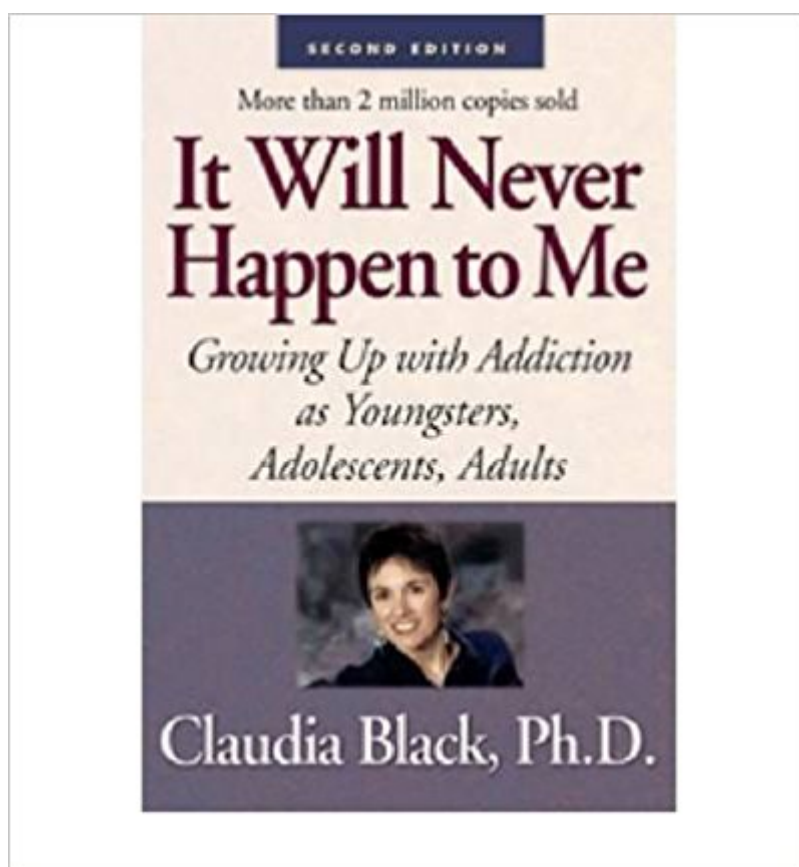


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# It Will Never Happen To Me: Growing Up With Addiction As Youngsters, Adolescents, Adults (Paperback) - Common



## Synopsis

First published 20 years ago, *It Will Never Happen to Me* is the definitive book/workbook for adult children of alcoholics. With her reassuring and informative approach, Claudia Black expertly identifies common issues faced by children who grew up in alcoholic families--shame, neglect, unreasonable role expectations, and physical abuse. Using narratives and profiles, she describes survival techniqu...

## Book Information

Paperback: 225 pages

Publisher: Hazelden Information & Educational Services (2002)

ASIN: B00EQC53R8

Average Customer Review: 4.6 out of 5 stars 122 customer reviews

Best Sellers Rank: #212,443 in Books (See Top 100 in Books) #58 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics #349 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism #380 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution

## Customer Reviews

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I enjoyed reading through the book. This was my starting point in the ACOA literature world. It was where I first learned about the three alcoholic family rules, Don't Talk, Don't Trust, Don't Feel. I found these things very helpful when I was first becoming aware of how badly I was actually affected by my childhood. This book is better suited as a physical copy, as it has worksheets in it, and it would be better to deal with these things in a tangible way. This book is also better suited for parents, as it has a very significant chapter on speaking with your children, which is not very helpful to me yet.

Children of alcoholics frequently either become alcoholics, or marry alcoholics, and thereby recreate the exact situation they swore they would never repeat. I've done both. When I first started attending

AA meetings, I was struck by how just how many of had said "That will never happen to me" but to no avail. After 18 years in Recovery being clean and sober, I still consider this to be one of the most useful explanations of those dynamics. I recommend it to everyone that I sponsor, or to anyone who is wrestling with alcoholism in his or her family.

I have read several of Dr. Black's books and am always surprised at her insight, empathy, and knowledge, worth reading for any one who has dealt with substance abuse in their family especially if the users were parents.

I believe that this is one of the best books ever written on the roles we play in a dysfunctional family. It has changed and saved many lives. I have given this book to dozens of people over the past 30 years.

Claudia Black is an expert on dealing with alcoholism and adult children. I love her work. She has helped so many!!

The longevity of the use of this book for support groups and individuals is a testament to its relevancy for anyone who has been affected by substance abuse. The book includes useful, practical information for anyone who has grown up with addiction-either their own or that of someone significant in their lives. Black uses an integrated approach to present the information in forms that appeal to all types of individuals. This is a book that not only offers insight, but also resources to help people affected by addiction in their lives. I highly recommend this book.

The book was is great condition. The contents are sometimes hard to accept but make one really think about their life situation. It is a thorough study about the effects of alcoholism on young children which they carry throughout their lives. If you are serious about changing the effects of a dysfunctional childhood, then this book is a good tool.

The information made me aware of what has happened to me. I, being the second generation adult child of an alcoholic, understand my parents actions and beliefs better. This then helps me to understand my actions and beliefs that I was taught by my parents.

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Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) Infants, Children, and Adolescents (8th Edition) (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition)

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