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Adult Children of Alcoholics

Janet G. Woititz

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Ten years ago, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. Today she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. After more than ten years of working with ACoAs she shares the recovery hints that she has found to work. Read Adult Children of Alcoholics to see where the journey began and for ideas on where to go from here.

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