

**BOOK RECOMMENDATIONS FOR FAMILY MEMBERS AND LOVED ONES OF  
THE ALCOHOLIC/ADDICT**

- Addict In The Family: Stories of Loss, Hope, and Recovery. Author: Beverly Conyers. *Witnessing the addiction of a family member or loved one is a heart-rending experience. But hope can prevail, as shown in this compelling new book. Here, the gripping stories of fathers, mothers, sons, and daughters of addicts offer important lessons on loving, detachment, intervention, and self care.*
  
- Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children. Author: Charles Rubin. *This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse. It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it. The book relies on spiritual but practical teachings and the message is for parents to attain a healthy balance in their lives through the letting go process. While showing parents how to safely distance themselves from the child's destructive patterns, it also shows how to recognize and support healthy requests for real help, if and when they come. It includes anecdotes and quotes from parents who have had to cope with kids on drugs and/or alcohol.*
  
- Everything Changes: Help for Families of Newly Recovering Addicts. Author: Beverly Conyers. *Like the people who care about them, addicted individuals in early recovery are filled with hopes and fears. They want to be free of the pain and chaos their addictions have brought them. They hope to build a productive life. But they also fear that they may not be able to live without their drug of choice. During uncertain times of early*

*recovery, families face new and difficult challenges in their relationship with their loved one: How involved should we be? How can we be supportive without setting ourselves up for disappointment? How can we help without enabling? What kinds of boundaries should we maintain? And what kind of relationship will we ultimately have? Everything Changes is a guide to help families navigate the first year of recovery. It explores the addicted individual's many challenges, examines ways that families can be supportive without sacrificing their own peace of mind, and suggests ways to build a new, more rewarding relationship with their recovering loved one.*

- **The Lost Years: Surviving a Mother and Daughter's Worst Nightmare.** Author: Kristina Wandzilak, Constance Curry. *A child caught in the horror of alcohol and drug addiction. A mother helplessly standing by unable to save her. The Lost Years is the real life story of just such a mother and child, each giving their first-hand accounts of the years lost to addiction and despair. Kristina, the second of four children, tells how she turns to alcohol for comfort when she is thirteen. She gives a brutally honest description of her descent into addiction, prostitution, burglary and violent rape until her near death on the floor of a homeless shelter completely alone at the age of twenty-one. Adding a heart-wrenching counterpart to the story, Kristina's mother, Connie, tells of her powerlessness to help her addicted daughter, the break-up of her unhappy marriage and how she comes to terms with her own co-dependency. She is also faced with the worst choice a mother has to make, to close the door on Kristina, sending her onto the streets in order to save herself and protect her other children. Then follows the remarkable story of Kristina's recovery as she lives through rehab, her mother's tough love and the years of acclimating herself to living a normal life.*

- **ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES**

**Author: ACA WSO INC.** *This is the official ACA Fellowship Text that is Adult Children of Alcoholics World Service Organization (ACA WSO) Conference Approved Literature.*

*Adult Children of Alcoholics/Dysfunctional Families (ACA) is an independent 12 Step and 12 Tradition anonymous program. ACA's Tenth Tradition states that ACA has no opinion on outside issues; hence the ACA name ought never be drawn into public controversy. ACA's Sixth Tradition states that ACA ought never endorse, finance or lend the ACA name to any related facility or outside enterprise (or books/authors), lest problems of money, property and prestige divert us from our primary purpose.*

● **Courage to Change: One Day at a Time in Al-Anon II.**

**Author: Al-Anon Family Group Head Inc.** *Taking life one day at a time has proven essential in the Al-Anon program of recovery for those whose lives have been adversely affected by the problem of alcoholism in a relative or friend. This book, like its companion volume One Day At A Time In Al-Anon, is designed to keep our focus on today and give us the courage to change the things we can.*

• **Reclaim Your Family From Addiction: How Couples and Families Recover Love and Meaning - Author:**

**Craig Nakken** - *What happens to the "we" of a family when one member opts for the blind and single-minded "me" of addiction? In an instructive, reassuring way, Craig Nakken explains just how families and couples who have spent years building a life together can lose their cohesive identity and meaning in the wake of addiction. The perfect starting point in the healing process, this book also reminds us that recovery is possible--for individuals, couples, and whole families--if only we know what to do. With histories, personal stories, and the latest research, the book helps readers chart their own way out of the hell of addiction and back to the fullness of family by using principles that restore the "we" of lasting, loving relationships.*

Craig Nakken, M.S.W., author of *The Addictive Personality* and *Men's Issues in Recovery*, lectures, trains, and specializes as a family therapist in the treatment of addiction. He lives in Minneapolis, Minnesota.