daily thoughts and meditations on living in a family with alcoholism

Al-Anon is an anonymous program available in most areas and on-line for those of us affected by alcohol in a friend or family member. This book is specifically targeted toward anyone who has come from a family with this history even when we cannot consciously identify the member who has a drinking problem. The behavior is generational. Those of us who come from childhood homes where life was chaotic, married an alcoholic, or have a partner who has a problem with alcohol may find that we identify with this only after participating in a program specifically for Adult Children of Alcoholics, or ACOA. Or we may be fortunate enough to attend an Al-Anon meeting and hear someone speak about their experience only to realize that that is our story as well. The details may not be exactly the same but too close to ignore. This book is for you. It focuses on our common issues and goals. A new copy is preferable and is NOT expensive through the local Al-Anon Literature Center. I say that because you will want to personalize/highlight those areas that mean the most to you; not someone else. We all relate to different parts at different times. The World Service Office of Al-Anon can be located on-line and will direct you to your local meetings where literature is available or to the Literature Distribution Center close to you. New copies are currently about $13 US.