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ADULT CHILDREN OF ALCOHOLICS/DYSFUNCTIONAL FAMILIES



Synopsis

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BOOK DESCRIPTION: The ACA Fellowship Text is owned, copyrighted and published by ACA WSO. ACA WSO acts as the central agency of the program, gathering and disseminating meeting information; creating and distributing literature, and provides information to the general public. The ACA Fellowship Text (commonly referred to as the Big Red Book or BRB) is a meeting book, Steps book, Traditions book, workbook, and group guide. The ACA Fellowship Text was anonymously written by ACA members and provides guidance on working the 12 Step ACA program leading to recovery from the effects of growing up in an alcoholic or otherwise dysfunctional family. ACA WSO has adapted AA's Steps (with permission from AA) to address the effects of childhood trauma and neglect, and offer hope to ACAs worldwide. This electronic version of the BRB (e-BRB) marks an important milestone in our fellowship's continuing growth. The e-BRB is being offered to our fellowship in response to a growing number of requests for the BRB in an e-book, large type and audio book formats. While we are developing an audio book and considering the feasibility of large print books, we trust that the fellowship will be able to utilize e-readers to access the ACA Fellowship Text on e-readers that enlarge the print size and or read the book. For more information, please visit www.adultchildren.org.

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Customer Reviews

The family disease of alcoholism/dysfunction damaged my body, mind, emotions and spirit. Working this program is the only answer for me to find me. After searching for the "right" book or right workshop, this ACA program has ended my search. There is no 12 step program I've found that deals with PTSD, Trauma Recovery, Reparenting, Codependency. I could go on and on. All of my addictions are rooted in the original damages. I am recovering me, not blaming others. Just getting on with life. As an adult child.

So many people I have met from other 12 step programs have spent years in those programs struggling. Or they are doing well, but think they could be doing better. Then they pick up this book and have that moment of clarity and all of them say, "This is what I was missing! This explains so much." So many of the people in this country (USA) come from dysfunctional upbringings in one form or another that this book should be required reading. Do yourself a favor. Get this book, read it, hit some meetings, and follow some suggestions. If you are willing to do that your life will get better in some very real and perceivable way.

This is the text of the ACA Fellowship--When I rec'd my first copy, I found myself on every page. The Promises spell out what an adult really can look like--and I do hope to grow up someday after 60 years on this planet! This book also covers how to start meetings, issues about meeting safety, sharing at meetings, sponsorship--as well as a whole workbook section (Chapter 7) on personal recovery and growth. It is the Swiss Army Knife of Recovery--has tools for every aspect of one's life.

A really good book.

I have owned this book in the Print version since it first came out. The content of the book itself is extremely helpful if you come from a family where alcoholism, abuse or some other kind of dysfunction existed. The 12-Step support group Adult Children of Alcoholics existed for a long time without a handbook like AA or AlAnon have. Finally we have our own handbook, written by members themselves. I still love my regular "Book" version but the Kindle version is so convenient for taking with me when it would be impractical to carry the other. It is extremely easy to navigate by using the Table of Contents or I can use the Search function as an index to locate any topic. I highly recommend this book!

I think this book saved my life. Before rediscovering ACA I was without hope or a sense of self-worth. I felt constantly lonely. Life was meaningless for me. Now, I am attending meetings and reading the red book. I feel a sense of belonging and fellowship. I feel, and hear, a higher power speaking to me (through the words of others) at meetings and I feel a strength that I've never had before. It has become real trendy in recent years to criticize the tenets of AA and other 12-step programs. Detractors usually make empty arguments without offering viable alternatives. The uninitiated hear all sorts of myths, such as that it's a cult. Personally, I think it is closer to the actual teachings of Jesus than most religions today. Simply put, the program works if you work it.

This a wonderful book. I am 24, I completely understand it and it hits the spot with everything - describing things I could never put into words with out learning. Perfect

This books and program has changed my entire life in a most wonderful way, and those lived of my loved ones due to my changing. I cannot day enough for it. Just one thing....PLEASE ADD PAGE NUMBERS! Thank you!

Strong book, good info, much better than most ACA meetings I've gone to. Also, I wish the logo better indicated that this book is also for those from Dysfunctional Families, rather than simply saying ACA in a stylized way. In addition, I believe the chapter much later on that is meant for teens has information that would be GREAT for the new reader and would be better if it was found much earlier in the book. As I went to ACA meetings trying to determine if they were for me, it was the chapter meant to be read by teens that really cinched it for me. Many of us experienced dysfunction

as a child or as a teen, and those reactions and coping mechanisms are still buried inside us, waiting to be triggered by just the right stimuli. That chapter for teens really, really resonated with me, and I knew I was in the right place (or at least reading the right book, I often will go to ACA/ACDF meetings hosted by Celebrate Recovery in my area, as I appreciate their strict adherence to the group guidelines- it feels safer to me).By the way, the Kindle version of this book is great. I can make notes, answer questions, highlight stuff- on my iPad or phone and it's always synced and with me. The hardcopy book is very big and cumbersome. At my meetings, the hardcopy book was \$15, on it was much more, but the Kindle version was less expensive and the convenience was fantastic.

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