

Adult Children Secrets of Dysfunctional Families: The Secrets of Dysfunctional Families

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It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one?

Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

John C. Friel, Ph.D. is an internationally-recognized author and speaker as well as a skilled clinician. He is a psychologist in private practice in Reno, Nevada, and St. Paul, Minnesota; has sold over 500,000 books co-authored with his wife, Linda, and is the national director of the ClearLife/Lifeworks Clinic Program. Since 1980, John has consulted, trained, conducted seminars, and presented engaging keynote addresses for business and industry, hospitals, mental health clinics, government agencies, lawyers, doctors, and many, many more.

Other Books

Little White Lies. Fans of Pretty Little Liars will be ensnared in this tale of deceit. Christian is hiding terrible secrets from his girlfriend, Lou. But Lou has told lies as well. What if their accidental meeting wasn't an accident? The first time Lou meets mysterious Christian, she knows he is The One. But Christian is hiding a terrible secret. Why does he clam up every time Lou asks about his past? Why doesn't he have any family photos, and why does he dye his blond hair black? When Christian's house goes up in flames, his tires are slashed, and he flees for his life, Lou insists on going with him. But as Christian's secret is unveiled in front of the whole world, it seems everything he's ever told Lou is a lie. Can what the media are saying about him really be true? Should Lou trust him? Or is she in grave danger?

"Gripping whodunit."--Kirkus Reviews "Spellbinding. . . . The amazingly well-thought-out plot and strong characters make this selection a great addition to any library, from junior high through young adult."--VOYA "This edge-of-your-seat psychological thriller is painstakingly plotted and well paced, with twists around every corner that keep the reader guessing until the end."--Booklist "This powerful suspense story succeeds . . . this well-crafted mystery-romance is sure to please the sophisticated young adult crowd."--The Bulletin

Check out the book trailer! https://www.youtube.com/watch?v=b_nn8Qzoqws&feature=youtu.be

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