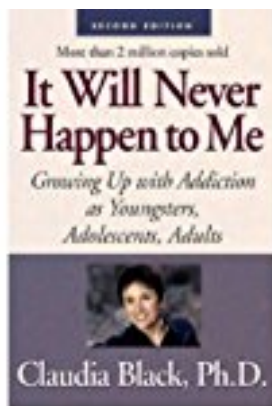


# It Will Never Happen to Me Growing Up with Addiction as Youngsters Adolescents Adults Paperback - Common

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## BOOK DETAILS

- Author : By (author) Claudia Black
- Pages : 225 Pages
- Publisher : Hazelden Information & Educational Services
- Language :
- ISBN :



## **BOOK SYNOPSIS**

In an all too familiar scenario, played out in millions of homes every day, children who grow up in addictive families abide by certain rules: don't talk, don't trust, don't feel. They take on rigid survival roles that are youthful coping behaviours, which can eventually contribute to problems of depression, loneliness and addiction in adulthood. Using poignant personal stories, revealing explanations and helpful exercises, Black helps readers gain personal insights and develop new skills that lead to a healthier, happier, more fulfilling life.

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