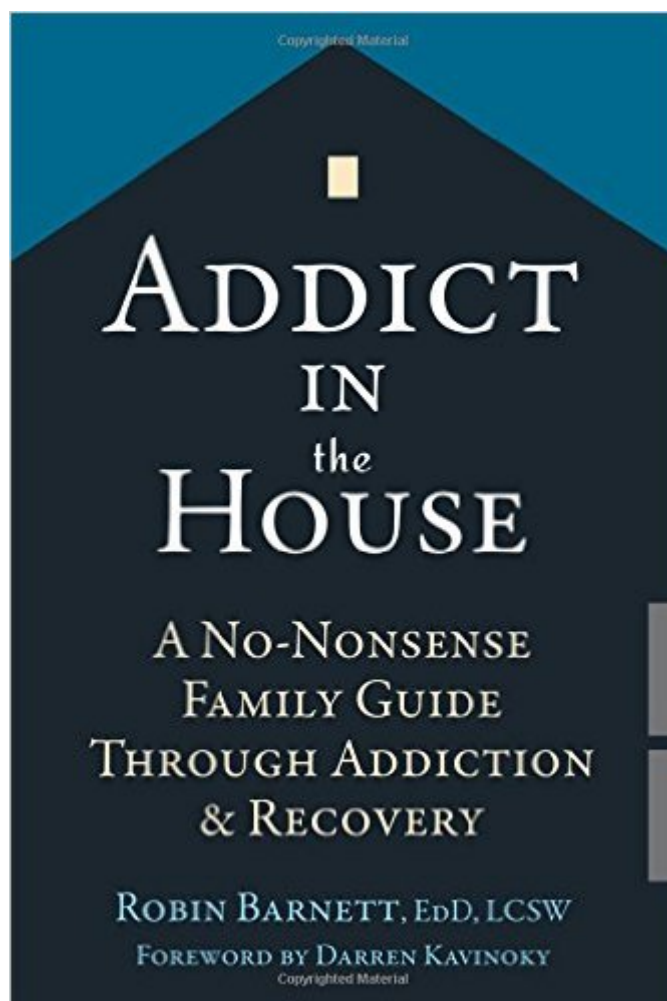


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Addict In The House: A No-Nonsense Family Guide Through Addiction And Recovery



Synopsis

"This is a straightforward, rich resource for anyone who lives with, and loves, an addict."

â Publishers Weekly Everyone suffers when thereâs an addict in the family. Written by an expert in alcohol and drug addiction and recovery, this no-nonsense guide will help you understand the causes of addiction, end enabling behaviors, support your loved oneâs recovery, and learn how to cope with relapses. If youâre the family member of an addict, you may feel confused, guilty, and scared of doing the wrong thing. And when you donât know how to help, you may find yourself in a codependent role, trying so hard to keep your addicted loved one alive, out of jail, or emotionally appeased that you may actually prevent them from realizing they need help. Drawing on her own personal experience with her brotherâs addiction, Addict in the House offers a pragmatic, step-by-step guide to dealing with a loved oneâs addiction, from accepting the reality of the disease to surviving what may be repeated cycles of recovery and relapse. Youâll learn how to encourage your addicted loved one to get help without forcing it, and finally find the strength to let go of codependence. With this revealing and straightforward book, youâll have the support you need to take an honest look at how addiction has affected the family, cope with the emotional hurdles of having an addicted family member, create and maintain firm boundaries, and make informed decisions about how to best help your loved one.

Book Information

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Customer Reviews

Everything in her well intended book has been said before in other books. We need an entirely new

approach to helping addicts find recovery. "Treatment" means, in 99% of the cases, a 12 Step Program. It works for some but has no long term success for many. Having lost a son to addiction I wish I could go back and not do so much of the "tough love" that is recommended over and over. Or you can call it co-dependence. Whatever you call it, I wish I would have accepted my son's addiction and done what I could to keep him alive.

This is a well-written, detailed guide for all affected by the disease of addiction. She shares her own words of encouragement and coping mechanisms from both her personal and professional experiences. It opens the doors to better communication skills and detailed tools to encourage loved ones in recovery. A must-read book for families! Thank you Dr. Robin Barnett!

This is a must read for anyone who has a close friend or family member suffering with addiction. it is an easy to read well written guide to help guide you through this difficult process. This short book has a wealth of important and helpful information. The book offers great insight into the process of helping an addict through the recovery process. This book is written by someone who has lived with it and dealt with the problem for 25 years as both a family member and as a therapist. It is a must read for all that are dealing with an addict.

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