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ADDICTED
FEATURING
KRISTINA WANDZILAK

TLC

the lost years

surviving a mother and daughter's worst nightmare

kristina wandzilak and constance curry

Kristina Wandzilak

The Lost Years: Surviving a Mother and Daughter's Worst Nightmare



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A child caught in the horror of alcohol and drug addiction. Adding a heart-wrenching counterpart to the story, Kristina's mom, Connie, tells of her powerlessness to greatly help her addicted girl, the break-up of her unhappy marriage and how she involves terms with her own co-dependency. The Lost Years is the true to life story of just such a mom and child, each providing their first-hand accounts of the years lost to addiction and despair. She is also confronted with the worst choice a mother has to make, to close the door on Kristina, sending her onto the streets in order to save herself and defend her other children. She gives a brutally honest description of her descent into addiction, prostitution, burglary and violent rape until her near death on the floor of a homeless shelter completely alone at age twenty-one. A mom helplessly standing by unable to save her. Kristina, the next of four kids, tells how she turns to alcoholic beverages for comfort and ease when she actually is thirteen. Then follows the remarkable tale of Kristina's recovery as she lives through rehab, her mother's tough love and the years of acclimating herself to living a normal life.



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If you don't have confidence in miracles, read this. It shows how very cheap someone can go within their addiction and the effects it has on their family..Kristina can be an inspiration while is her mother. Alcohol and drug abuse provide about isolation and humiliation and this abuse fundamentally changes who we are, resulting in a complete loss of dignity and self-respect. But an unconditional decision to change can reverse the loss of sanity which addiction causes. Dedication to recovery, sobriety and the total assumption of personal responsibility prospects to self-like through forgiveness and a spiritual connection. When my dad passed from cancer in 2010 2010, he actually had a dying request. I used to become an avid reader but possess not finished an entire reserve in years. It really is well written, a page turner. He offers completely turned his lifestyle around. It's very vivid and it certainly draws you into the emotion and heartbreak that addiction causes. As others possess said, what makes this book different from most is the way it's created from the perspective of the addict and a member of family, her mother. The writer provides a comprehensive perspective of how each individual is usually affected by the condition of addiction. As cliché since it sounds, reading this book and calling someone like Kristina would likely save the life span of someone you understand and like. I read this reserve in a day and a half and the entire period I browse it, I wished that it had been available when my small brother was fighting addiction to meth amphetamine. The harm it caused, not only to him, but to our family was immeasurable. None of us were equipped to, or understood how to approach him. Thankfully, he offers been clean for quite some time right now. With sobriety also comes renewed energy forever and moreover, humility. Masterpiece This was an amazing story, heartwrenching and beautiful all in one. Heartbreaking and Honest The Shed Years is a brutally honest book about addiction. I just want my parents could possess read this Even though we were going through it. Anger and resentments are tough for all of us alcoholics to tolerate and lead to addiction-fueled behavior. I believe most of the credit for Kristina's success goes to her mom, Constance. I would recommend this book to anyone with addiction problems, or anyone who has someone who is addicted within their existence. She stopped enabling her child. She ensured her girl knew she cherished her, then told her she acquired to leave the house. So long as she was using, Constance could not allow her dependence on effect her existence and the lives of her various other children. She went into her personal recovery, had her personal support program and got herself into a healthy place. She discovered how to deal with the addiction in a very difficult, but healthy and ultimately successful way. I love that Kristina has made her life about helping others. Thank you Kristina and Constance for the courageous openness and brutally honest account of your experience. I'd wholeheartedly recommend this book to all or any parents whether they've faced addiction or not really. You hardly ever know whose path you might cross or where you will meet someone who is dependent on drugs or alcohol. Even if your children are grown, they may have kids of their own someday. A lot of times, surviving addiction requires your time and effort and effort of the people around the addict. The addicts job to obtain and stay clean but that's just the beginning. It was so familiar. It's the true ugliness and desperation of it. A MUST Browse FOR ALL THOSE IN ADDICTION, FAMILY INCLUDED This is an absolutely heart wrenching yet thought provoking book of not only the struggles of addiction however the effect it is wearing the entire family. Not so much I enjoy Kristina's side of the story, however the mom annoys me. I enjoyed that it had been written from both the child and mother's perspective. This is a natural, brutally realistic look into the lifestyle of addiction. As a recovering alcoholic who has come from a 5 yr relapse, this has spoke if you ask me deeply. At instances a hard read (for those of us struggling with addiction) but a definite must go through; It is a story for anyone and every one who's an addict, a member of family or

friend of an addict. The Lost Years A wonderful story! simply wish I could get my mom to read this. Ultimately, an incredible, well-written true tale. A mom and a child juxtaposed through both addiction and recovery demonstrate there exists a way out of seeming irreparable disaster and right into a complete restoration of valuable relationships. I read that one in two days. I feel like I know this family members. The story is indeed well told that I feel I understand a lot more than ever before about the addicts in my family, those who are not addicts and the effects on them, myself, and co-dependency. Almost every other chapter was the mother's story, and every other one the alcohol addicted daughter's story. Constance, many thanks for showing us that we will be ok. We highly recommend this book.. But it sheds a shiny light on an frequently misunderstood topic. Wow As the mom of two addict sons, and also being part of a codependency group for the last two plus years, the topic of the book instantly drew me in. I shared this with my codependent group who's primarily produced up of parents of addicts. Long-term achievement depends on the addict and everyone around them. It had been painful. Although the details were different, the main theme was the same. The psychological rollercoaster was the same. I cried. Thank you for the hope of recovery, Kristina. It provided me the courage to create a clear boundary for my 19 year old son who at the time of this review is entering treatment tomorrow, for the 4th time. Who easier to help an addict than anyone who has been through it? Thank you for exposing your intense discomfort, and intense recovery. I'm not much of a reader, but I possibly could not put this down. I discovered. And through everything you could see the profound results on each of the other family members. Regardless of the final result of our addicted love ones, we are ok. Just wow First saw the intervention show and had to learn the book. Inspiring. Can't put it down I really enjoyed this book. -helped her daughter feel cared for. I related to this tale from the moms perspective from beginning to end. Thank you for taking the time to talk about your tale of addiction and your family's recovery I would recommend this reserve to a mom of a daughter who's currently heading thru addiction treatment and/or recovery. It's not a medical publication describing the consequences of drug abuse. He asked my buddy to remain clean and he offers. As a recovering alcoholic I was touched by the honesty Kristina could convey. Further, it speaks on how us dynamics and childhood possess a profound influence on us whether positive or bad. I find her self-pity frustrating. Mother could've helped more if you ask me. It had been one those books that gets your brain considering about what your daily life would be like if it went a different way!.. particularly when she was a stay at home.. It is so well told, it may bring you to tears occasionally as it did me. It's great It is a textbook I absolutely loved it and had been wanting to go through it for a long time now Great read Great read, most interesting Powerful story about addiction and recovery This is a powerful story of addiction and recovery from the unique view point from both addicted person and her mother. given her food at least?. She did the hardest issue a mother or father can do.



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