

ADULT CHILDREN OF ALCOHOLICS SERIES

# *Lifeskills for Adult Children*



#1 New York Times Bestselling author of  
**ADULT CHILDREN OF ALCOHOLICS**  
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& Alan Garner, M.A.

Janet G. Woititz and  
Lifeskills for Adult Children



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Very well written, practical reserve, the teachings of which you can begin putting into use immediately without actually finishing reading it. I didn't get any self-care instruction at all, from hair brushing to making friends. Fortunately most people won't need this kind of book, but the ones that do really, genuinely have a great need. Well-planned instructions, easy to understand. Good lessons for kids from chaotic childhoods I'd heard about this book for a long time from assistance columns like Carolyn Hax's, so when I finally bought it and read parts of it, it really hit home. In fact, I'm having some trouble reading everything because it's mentioning some tough emotions! A good how-to book of life and social skills for anyone who feels inadequate or unfamiliar with the basics. This book seems to cover plenty of what I experienced to understand the hard way during the period of way too many years. I wish I'd browse it in my 20s instead of my 60s! Very enlightening and practical information and easy to read. Like with specific public advice that I needed. This book really helped me, a lot, like with specific social advice that I needed. One Star Totally useless. It isn't vague, and doesn't feel just like psycho-babble. I buy into the other review that said it might not be good for people with a mental illness. However, for those of us which are stable but simply conditioned to walk on eggshells, that is extremely helpful. It wasn't quite what I expected. For people who are wanting equipment and info on how exactly to apply them when it comes to setting healthy boundaries and learning to be a mature individual in life. Lots of counsellors must have this reserve and pass it along with their patients. Highly recommend. Basic lifeskills in simple language...a unique but much-needed subject. This is this important book for me personally, daughter of narcissists. It wasn't quite what I expected. It really is .. For example, how can you say no when you've been well trained to become a people pleaser? one of my favourite all period books among my favourite all time books. It is actually a book targeted at children of alcoholics. I did glean the right stuff, and I did so recommend it. This reserve might help, and I highly recommend it -- particularly if you're in your 20s! Very concise in addition to easy to read. The best information I've ever seen, regardless of what has truly gone on in one's life. Can be truly life changing. Three Stars OK enough Very well written, practical book, the teachings of . My father was an alcoholic, and my childhood was chaotic and full of gaps in my learning -- especially of good people abilities. It touches on how best to have a conversation and become more sociable, how exactly to request for what you want, and how to react to requests and criticism. Some abilities may seem simple in writing, but it's always good to keep these things laid out in simple terms, to help remind oneself to put them into practice. I did glean the right stuff, and I did recommend it I saw the reserve mentioned in The Washington Post, and wanted to browse it before we suggested it for a pal. it also seems written for teenagers or very young adults. It addresses the issues I am facing with solutions that are an easy task to do. :) Helpful and specific I have only read section of it, but the suggestions are particular and easy to incorporate into daily life. Five Stars Wish I'd spend more time of this type of needs I've.



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