

PERFECT DAUGHTERS

ADULT DAUGHTERS
of ALCOHOLICS



Revised
Edition

Robert J. Ackerman, Ph.D.

Robert Ackerman

Perfect Daughters: Adult Daughters of Alcoholics



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This new edition of Perfect Daughters, a pivotal book in the ACoA movement, identifies what differentiates the adult daughters of alcoholics from other women. This edition contains updated information throughout the text, and completely new material, including chapters on consuming disorders and misuse letters from perfect daughters in various stages of recovery, and helpful, affirming recommendations from Dr. More than just a text that identifies these behavior patterns, this book collects the thoughts, emotions and encounters of twelve hundred ideal daughters, offering readers a chance to explore their own life's dynamics and therefore heal and grow. Adult daughters of alcoholics-"ideal daughters" -operate from a foundation of harsh and limiting views of themselves and the globe. Having learned that they must function perfectly in order to avoid unpleasant situations, these women often presume responsibility for the failures of others. This book is essential for every person who found validation, wish, courage and support in the webpages of the original Perfect Daughters, in addition to new readers and every therapist who confronts these problems. Ackerman identified behavior patterns shared by daughters of alcoholics. When this groundbreaking reserve first appeared over a decade ago, Dr. Ackerman at the end of every chapter. They're drawn to chemically dependent guys and so are more likely to become addicted themselves. Also includes: a comprehensive reference section and total index.



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... This is among my preferred highlights: "To become a good COA, you were asked to deny the alcoholism and other family problems, subjugate your developmental needs, hide your emotions, please others, pretend you had been happy and be a "perfect daughter. Just what a reserve! I read 2 times already... I got no clue I have in some way become codependent. My father was an alcoholic, I am the oldest of 3 siblings and I totally identified with this book. This book provided help to understand lots of things about my adult behavior. Wow!" Those behaviors usually do not make happy childhoods, let alone healthy adults. pages were yellowing, there was a black marker series on underneath by the binding and the cover got spots and frayed edges. We honestly felt that reserve was written for me personally... I actually like the reserve in the picture and love this issue I actually like the reserve in the picture and love this issue.. Five Stars My granddaughter is loving this book Great Addition to Psych Library Great addition to my psych library. Suggest this book to anyone who is suffering from alcoholism ..and that I must individual myself from toxic people if essential to protect my self. Absolutely so helpful to me. Suggest this publication to anyone who is affected by alcoholism really. This publication explained the behavior of every one of my siblings, including my self due to my father's alcoholism. So grateful to read about all this therefore i know I'm not by yourself in this horrible situation. I usually mortgage out books after I've browse them but I'd rather purchase this publication again if someone requires it and send out it to them because I'm keeping this publication to refer back again to when I'm depressed and feeling low about the problem. It really did provide me the necessary confidence to realize it certainly isn't me. Very useful. Knowing what the real complications are is a tremendous relief, and it'll make it so easier to move on. Outdated I got this as suggestion by friend... It's great to relate with other people who are ACA daughters as myself but I feel the writer is referring too much to the 1980s and before rather than new evidence which has come out that is really helpful. Glad this reserve exists for those who need it. It was incredibly eye-opening! I've a inclination towards perfectionism, sometimes to the point of not even starting something, because I understand that I won't be perfect at it. This publication, while interesting to read, wasn't enlightening. I didn't actually learn anything from it that I hadn't discovered from other more informative ACOA books, and I sensed that it didn't match me and my problems. But this book helped me start to see the beauty of the "Curse" that was bestowed on me, and figure out how to utilize it to my strengths. It could be a great publication for those just beginning to explore this subject matter, and could probably give some a sense of not being only within their pain. The book that I received looked to be a used and older version of the publication; After recently looking for help I was told to read a book about adult children. Throughout reading this book I've began to better understand myself, my path, my past, and expect the future.. I treasured how it explained how people may react to your recovery process that was something I myself was struggling with. This book was recommended by my therapist who's also an ACOA. I started this book with the intention of proving her wrong. I had no idea that almost all of my current problems were tied so deeply to my childhood encounters (due generally to my detachment that was explained in thorough fine detail). So-So I have already been having most of the conditions that other ACOAs go through.. Amazing book. I didn't realize the influence having an . I recommend this book!. Amazing book. No solutions A whole book of identifying which you have a problem. I really like that parent but the behavior still got an impact. This book provided me great insight on what that knowledge has contributed in bad and the good methods to who I am today. I would recommend this book to any girl of an Alcoholic...ie anxiety. Recommend this book Wonderful It was hard to see myself written on pages, which lead to lots of tears and a lot of forgotten memories. BUT it was a breath of oxygen to know I wasn't only. For my own sanity I browse pieces at a time and took a gradual pace. It also seemed extremely generalized, for a publication specialized towards "ideal daughters" It covered a wide range of character types, and the ways that a girl of an alcoholic learns to deal, just not what I 'believed' a perfect daughter was. Powerful and liberating! It also helped answer queries I got about myself that I didn't

realize were exhausted to presenting an alcoholic parent. I didn't realize the impact having an alcoholic mother or father had on me. No help what therefore ever in fixing the problem. I kept reading looking forward to the answers or at least a few ideas on help. I completed the whole thing no ideas at all. Good Well I didn't such as this book 'cause I installed by accident so I though that if I read it it will desinstall Came on time Great condition!. Four Stars Interesting reading for my clientele, thanks. But there is hope. Beginning to heal Throughout my very existence I felt excluded, lost, confused, and a stranger to myself. "Now I understand why I always want to help others, especially the ones that resemble my dad's behavior.



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