

ADDICT *in* *the* FAMILY

*Stories of Loss,
Hope, and Recovery*

BEVERLY CONYERS



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Addict In The Family: Stories of Loss, Hope, and Recovery



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Revised and up to date in 2015, this classic recovery book is for anyone who has experienced the shame, anxiousness, sleepless nights, and physical disease that frequently stem from loving someone who is struggling with addiction. "When my eldest son became addicted to crystal meth and heroin, I could barely function. I'd not need survived without Beverly Conyers's Addict in the Family, which provided assistance and wish. In Addict in the Family members, Conyers draws on research, experience, and compelling personal tales from others to explain what families should know about substance abuse, interventions, relapse, and even more. t alone about my hellish trip.s addiction, they can offer support without enabling, collection boundaries, prioritize self-care and attention, and find healing through therapy, spirituality, Al Anon or Nar Anon, and countless other assets that show no-one is alone upon this journey. It offered a way to recovery." -David Sheff, writer of Beautiful Boy, now a significant motion picture With years of experience struggling with her girl's addiction and recovery, Beverly Conyers offers been what your location is. I noticed I wasn' Although family members can' These tales show that, no matter what is happening together with your cherished one, you have the energy to control your own recovery. The reserve helped me complete interminable nights when I was terrified that his addiction would consider his existence. With over 75,000 copies sold, Addict in the Family is a must-have, trusted resource for anyone coping with the addiction of a member of family. t cure a loved one'



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Obviously for personal reason this book got us thru hopefully the worst times in our lives. For those who have a family member who is addicted, you'll do yourself an excellent service to get this book. I know you have to be careful in what's considered helping and being an enabler. This reserve breaks it down well with tips for the addicts family members. I make reference to it in my head often when dealing with my brother. Will there be any hope? Informative Helpful Reserve! I agreed with the guidelines in this book, they felt right though it can be difficult to simply accept them. I feel comfortable following these pointers, understanding it's the right move to make (or react or not really react) when I am supporting or speaking or hearing my brother. Personally i think more at peace and cry much less when I make reference to this book and I don't dwell on my brothers problems just as much as I used to but I do try to get in touch with him and be positive and be a happy/stable influence on him just as much as I can. I do not down speak to him or simply tell him how to proceed. If he requests my advice, I give it to him..... Very helpful As a newcomer to dealing with a loved one with an addition, I must say i needed this book to help me personally understand and navigate through. I thought that it was too little willingness for an addict to wish help. I always recommend it to fresh members and they are constantly grateful.. This short,easy to read book tells OUR story as parents suffering with a child devastated by a heroin habit. Addict in your family? You need to go through "Addict in the Family members"! If you have a member of family or loved one who's addicted to drugs or alcoholic beverages, and you don't know how to proceed about it, then you should definitely browse "Addict in the Family members: Stories of Reduction, Hope, and Recovery" by Beverly Conyers. I did so just that and today facilitate a parent support group for parents coping with the current opiate crisis. How may i have been so blind? The main tip that I make reference to often is the chapter talking about getting as well wrapped up in the addicts life and neglecting your own. How can I help him/her obtain well? Can you really find satisfaction? Family members of addicts have hardly any choices to create and frequently it is the wrong ones. You are not alone. The information enables you to see how you truly get caught up in the bizarre behaviors of the addict - nearly as if you are dependent on the addict. Much of the suffering is certainly rooted in the false belief that the addict provides only himself to blame and that he can cure himself if he actually wanted to. Despite all of the begging, pleading, threatening, reasoning, and bribing the family do, the addict will usually persist in his destruction. There are many beneficial chapters about the nature of addiction that includes tips on how to recognize the addict's chief tools: denial, dishonesty, and manipulation. These tools permit the addict to get drugs, continue using medications, and help conceal the addiction, which totally cannot exist without these three behaviors. I have not merely read this reserve but brought many copies to give to other parents battling with a kid with addiction disorder. And Conyers clarifies why the family member must look for recovery also. Most family members falsely believe they shouldn't have to do anything because they are not the one with the problem. But the prolonged stress and constant worry and shame make a difference the entire health of the family member. They've been found to have problems with more information on physical and mental maladies and in the long run could be just as ill as the addict, and therefore, should work the twelve steps of Al-Anon. Thanks a lot you Beverly Conyers.. Medicines change the best of individuals and it's out of the hands. Obtaining educated about addiction is crucial if families truly want to help themselves and their cherished one recover. David Allan Reeves Author of "Running Away From Me" Parents of Addicts. Conyers, who is also the mom of a heroin addict, can show you through the minefield of dependence on real recovery with this useful and insightful book. This is OUR story. "Addict in the Family" will help

you make the proper choices. There are also biological explanations for why the addict can no longer experience the normal pleasures of existence, and I like the way Conyers uses the example of Pavlov's dogs to explain how certain people, areas, and things can result in intense craving in the recovering addict. Perfectly written and very helpful. The writer help us understand the type of addiction as a disease rather than a moral shortcoming. It helps to know what one is feeling as a mother or father (grief, lost, fear) is not unusual and we are not alone. It also explains we can not fix our kids (despite the fact that every fiber in our soul feels we can and must) and manuals us to searching for help ourselves. You may consider: Did I trigger the addiction? In a little way, desire to get clean is section of it, but reading this helped me consider the bigger picture. Because the author highlights, if changing behaviors, attitudes, and desires were just a matter of identifying the issue and fixing it, then there will be no need for the self-help motion, psychoanalysis, addiction treatment applications, or books such as this one. It assists you understand some of the things that proceed thru an addicts mind. Great Book! Way too many families suffer for this reason disease and understand next to nothing about it. This book is probably the best book you can read if you have a love person who is addicted. This book is probably the best book you can read if you have a love . It helps you learn how to cope and understand how you help and hurt the problem.Has made a confident difference with interactions and feelings with my little brother I bought this book predicated on other people's reviews. It's an easy task to go down that path because you love them and it's hard to view them struggle however the author is right when they say you have to live your very own lifestyle and the only one who can truly change an addicts life is the addict himself/herself. This book is quite helpful for someone with an addict in the family. Sadly, it is all too common. The anecdotal details tells you that you are not by yourself in working with the problems that confront families coping with an addict. The factual information regarding the brain and addiction helps greatly in understanding the addiction and resultant behaviors of the addict. Families will be the hidden victims of addiction, and they endure very much mental anguish, guilt, and shame. Most importantly, she provides practical advice to the families of addicts about curing themselves, and remembering the three c's - you didn't cause it, you can't control it, and you can't cure it. When you have a loved one struggling, you want to help and do something to help ease their pain. An Important Place to begin This book provides a solid, first hand group of experiences and wisdom about the effects of addiction within a family. There are plenty of details to master, but this broad perspective will allow someone confronted with addiction by those they want to gain perspective. Poignant words from an addicts mother If you're the parent of an addict then pick this reserve up and really go through it. enjoy it wasn't you. A great perspective from someone that has lived and gone through this herself. There are several valuable lessons here ... x Dealing with Addiction This was an easy to learn book on what it is like to cope with a loved one that's battling with drug abuse. maybe a handful of times. Love. Actually enjoyed this. Cried just like a baby and found plenty of comfort. There's an even of reassurance that comes from hearing your stories from another.... You're situation isn't special. And they often make the incorrect choices so that they can fix a problem that can't be fixed. I forwarded this publication to the individual who led me to learn it. He valued the perspective into my side of things and it opened up the door for a lot of communication.. Great book! Addiction 101. Most important, it help me keep in mind I only have got control of what I really do, and navigate my feeling durning the process.in a positive way. The book is just about the best book for family members of a person suffering with addiction to read. It offers incredible insight into the impact of addiction on the family

members and helps family members better manage. No headline It was a gift to a friend



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