

**DON'T
LET
YOUR
KIDS
KILL
YOU**



CHARLES RUBIN

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Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children



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Drawing on interviews with parents who've survived the heartbreak of children on drugs, coupled with his own encounter, Charles Rubin provides useful advice on what parents can help themselves and their families by first attending with their own needs. *Don't Let Your Kids Kill You* is certainly a landmark work that dares to focus on the plight of the confused, distressed parent rather than the erring child. This harrowing situation finds parents buckling beneath the stress, frequently with catastrophic outcomes: divorce, career upsets, breakdowns, and even worse. It sets aside any preconceived tips that parents are to blame for what is essentially a full-blown global crisis. When kids change to substance abuse, parents also become victims because they watch their children transform into irrational and antisocial individuals.



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I came across this book to become a wonderful lifeline just when I needed it. It's Friday night and I come across myself standing at the edge of this horrible dark chasm. I'm beginning to recognize I may need to make a choice between my alcoholic child and myself. And you could either succumb or select not to allow it happen. We are not responsible for producing that happen. Rubin is to be applauded for his honest and frank discussion of his own experience and for his solid and workable tips to parents on recovering their own lives amid the hell this is the addiction of one's child. Is she already drunk and heading out for even more or is definitely she heading to the bar to get blackout drunk and travel home this way? Ever vigilant to the noises coming from my adult child's home next door. Is the yelling just a loud tv system or is normally she and the boyfriend du jour having another battle. Buy multiple copies, and present some to friends! It's late and I listen to her car set up. I cannot remember the last time I could sit in my own home and revel in a peaceful evening. How can I abandon her but how do I go on living like this? Another promise has been broken which amount of time in such a cruel method I feel it is so personal but the other realization I am arriving at is that it offers nothing to do with me. She hasn't thought or concerned about anyone but herself for a long time. She is so deep in her addiction that's all she can see now and the loving thoughtful child I used to know is gone, lost in the alcoholic mist. Should I call the authorities and warn them she is traveling drunk and endangering everybody else on the road? She cries, she claims, she claims to need me nonetheless it is becoming increasingly more clear she just needs me to use when it matches her and we are both growing sicker each day in this awful dance we do. I feel like I am sitting on the curb watching this horrible crash beginning to unfold and there is nothing I can perform to prevent it. All I can do is stand there and pray there's something left to salvage when it is over. I change to the internet to look for help, answers, ease and comfort, something and I stumble across this publication. I order the sample for my kindle and as soon as I have finished it I purchase the reserve. I read into the night time. I am taken to tears once the author discusses losing the family members he remembers. I too have been mourning the loss of the days we were collectively laughing so hard our sides hurt, sharing delicious foods and playing games jointly. It's all gone right now. Mr. I read on and see my very own lifestyle in the webpages of this book and am so relieved to discover I am not the only one facing this heart breaking, gut wrenching choice. It didn't help. I find the practical recommendations useful and the realization that I am not the only parent standing on the edge of the awful chasm helps me calm and commence to take into account what I am willing and able to perform and what I am no more willing or able to do. I highly recommend this to anyone loving and trying to live with an alcoholic. Precisely what I needed. I am hoping to look at my two grandchildren who have been through hell. Please write one regarding the results on innocent children of the addicts. It implies that you aren't alone, that your emotions are what all of us experience in this example and that hard since it is, there is a in the past for you, the parent, to save yourself. I have since bought a third duplicate, for another buddy of mine. She is telling me I have to reduce the stress in my own life. He also helps it be clear that just as much as the parent wants to help and save their child, the more important things is to save yourself, because the child has to make the decision themselves to get help and turn their own lifestyle around. I've lost my son to alcohol and now my girl is slipping apart. The very best books I've ever read for parents of addicted children. The parent has and is entitled to a life also, aside from addictions of their children. I have already with all this book to many people I understand in this struggle and sadly, I've a feeling will be giving several more. Life changing This book changed my life. My son can be an addict

and it was eating me alive. I could have almost written a few of the case research in the publication, so that it really hit home and told me I am not by yourself in this struggle. It is no exaggeration to state that the publication changed my life. Most helpful reserve for parents on dealing with the addiction of your child I found this book incredibly helpful and so true in my own experience. This book helps remind me how. This publication won't solve your complications or your kids' complications, but it sure managed to get clear to me that I had already done what I possibly could and now it really is up to my son. It is extreme challenging love, but anything much short of that just doesn't seem to work. I still fear for my son's potential, but have recognized that it is not something that I could change - he must do the changing. As hard since it is, you truly do have to separate your heart from the actions and decisions of your medication addicted child. I'm a 63 season old grandmother whose 40 yrs old girl is addicted to drugs. Your publication made me feel therefore far better about myself. This book literally saved my sanity. The book explains that the person that was once your son or daughter is no longer within, the body has been run by the medication and the drug only. I'm not really the only one fighting the feelings of guilt and anger. Now, I understand due to your book. One of the hardest factors I have ever had to do in my own life, and I battle to perform it daily. You produced a believer out of me. Please keep composing, you're assisting people like me. For anybody who has a child that is caught up in the insane globe of drug abuse, this book should be required reading. Thank You for writing this reserve. Worthwhile read I gave this publication five stars not really because "I love it" because the automatic comment assumes when you give a book five celebrities - because let's encounter it, there may be no "like" for a book that's focused around a childs medication addiction - but since it truly is a worthwhile read for any parent of an addicted child. Probably the most difficult phenomenon to tackle when dealing with a childs addiction may be the procedure (finally) of realizing that your son or daughter's addiction is taking you, the parent straight down with it. I cannot believe I am also taking into consideration this but my doctor is now concerned. Somehow in the center of the slow death that your child can be dying before your eyes and that you have already been desperately trying to avoid to no avail you must realize that you have to let go and get your very own life back. This is that story. Read it. Is the crash I hear something or someone becoming thrown against the wall structure or just a door being shut too hard? Helpful information that can help you better understand addiction. The next day I gave that duplicate to a good friend of mine, and immediately bought another duplicate for myself. I read until I was tired, and kept saying "place it down, and end it tomorrow," but I couldn't do it. I finished up staying up until 4:30 AM, to complete it all, in one sitting. I couldn't put this publication down, when it initial arrived. Mr. great great book GET THIS BOOK! As a mother or father of a mentally ill addict who's on the street, this book help me in an exceedingly practical method. It covered all of the topics I ever endured thought about in working with my boy, and offered sound guidance from the author who is experienced my place. Rubin's ideal gift in this reserve is to tell his readers that they don't need to sacrifice themselves on the alter of "being a good mother or father" for a kid hell bent on destruction, addiction and using the parents to maintain their habits, because the best thing to do is save first, so you can prepare yourself if and when the kid is serious about getting clean. You need to get this publication it is fabulous and will help you live your life despite the tragedy to be the mother or father of an addict. At the time I go through it I was so filled with stress that I was on two different anti-stress / anti-depression medications and spending each night tossing and turning. Thank you for writing this life changing book. Separate your center from your kid I

liked this book because it speaks the truth. Addiction I like your publication. I would suggest it to anyone going right through this. My husband and I have done so much for my girl. but, a go to in occasions of need. Unfortunately just your son or daughter as well as your child alone can make the decision to improve. If there is any shred of your child in there, they need to make their own decision to stay where they're or get out of it. If my blood circulation pressure doesn't improve she actually is suggesting medicine, if my cholesterol doesn't improve she actually is suggesting medication, if my blood sugar levels keeps relocating the direction it is trending she actually is suggesting insulin. It's been a long hard road for me and I get back to this book particularly when I am feeling vulnerable and depressed that this is the reality of my entire life. But I must go on, not merely for myself but also for the relax of my children. After reading it, I acquired off those meds and am today back among the human race. A must read A must go through for any parent going right through the trenches of hell with an addict kid. Not really a book.. There is no need to love the medication ridden body. Thank you to the writer for sharing. Well written. Offers methods to help you cope with your addicted loved one while safeguarding your sanity. Helped me know very well what I am in fact responsible for and what my child is responsible for.. This book opened my eyes to the meth addiction! This book is your oxygen mask. You can't help others in the event that you can't help yourself. If your child has an addiction, you NEED this book! I cannot recommend this book plenty of. Great book! You shouldn't be an enabler!.



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