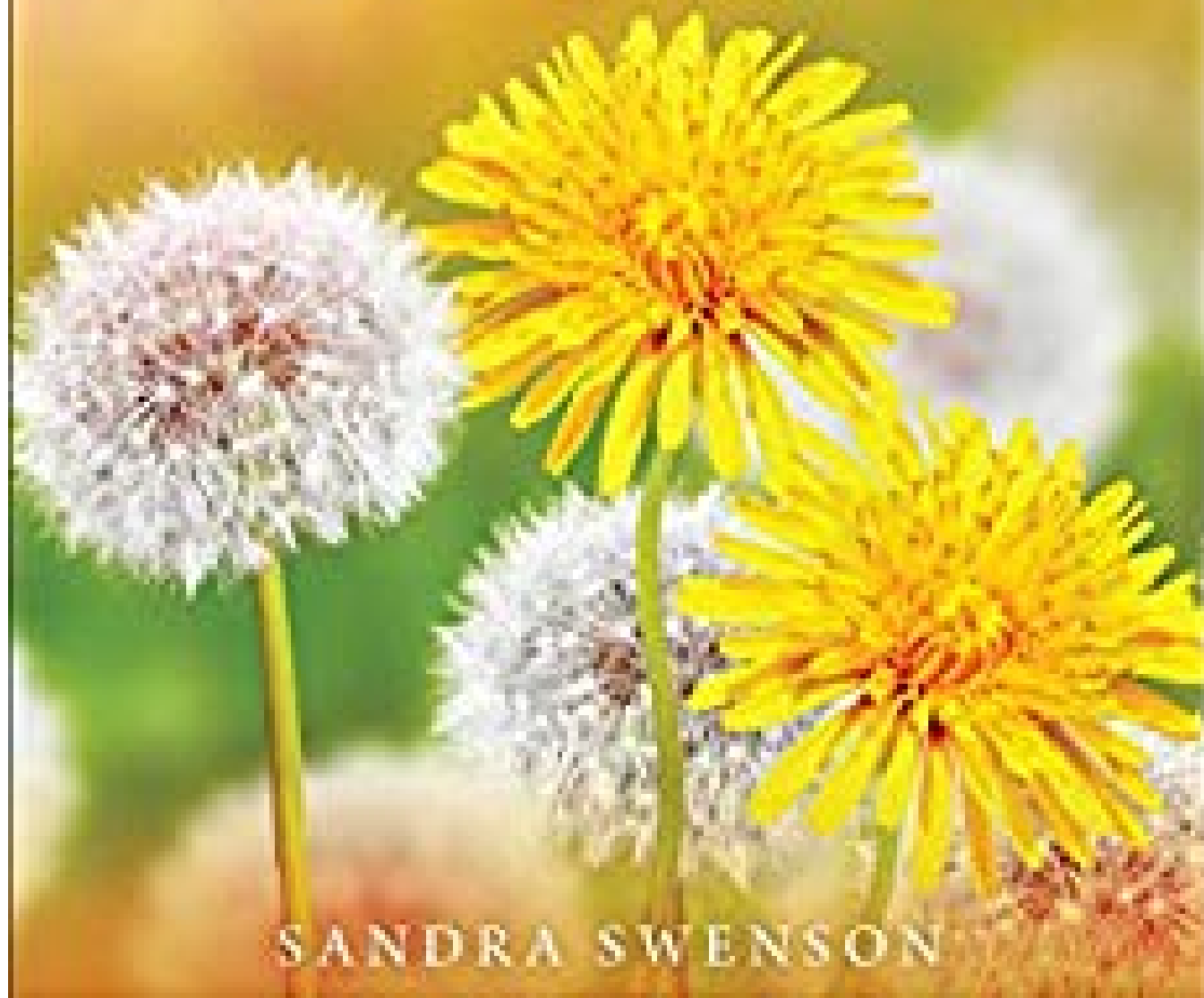


TENDING DANDELIONS

HONEST MEDITATIONS FOR
MOTHERS WITH ADDICTED CHILDREN



SANDRA SWENSON

(HAZELDEN)
MEDITATIONS

Sandra Swenson

Tending Dandelions: Honest Meditations for Mothers with Addicted Children
(Hazelden Meditations Book 1)



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Mothers of addicted and alcoholic kids share a deep connection—one that is rarely understood by anyone who also hasn't read much loved meditation books by providing moments of acknowledgement, confession, and healing for those who are realizing that recovery hardly ever follows a neat or comfortable route. Sharing our perspectives helps us all grow stronger, collectively. In our struggles with addiction, we find ourselves tending to a life that we weren't while strong as we are able to be. We all need to take a better look at the things we've prevented—the things lurking around in this place where love and addiction meet— From our shared struggles emerge opportunities for personal development. “ Along the way, we plant beautiful roses and then be injured by their thorns, and we pull up unwanted dandelions that, at times, are our only source of wishes. —Sandra Swenson, writer of *Tending Dandelions* In the shadows of our kid' t prepared. These meditations continue the custom of Hazelden't experienced a similar path.” By sharing the realities we under no circumstances expected our households to face, mothers of addicted children support each other through experiences that may only be feared and imagined by others. *Tending Dandelions* is definitely a vital way to obtain wisdom, support, and strength that helps us begin our own journey of recovery.



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A beautiful publication of reflections that give hope and inspiration for any one who includes a child with addiction. A beautiful book of heartfelt and honest reflections for anybody who has a child whose existence has been overtaken simply by addiction. The author's strength and resilience when confronted with her own personal struggle with her addicted son give hope and motivation to those suffering an identical fight. I admire the author's objective to break the silence encircling addiction by educating about the condition and guiding parents of addicted children to find their way to serenity. And perhaps, most important, to keep loving the youngster through the ravages of a disease that leaves nobody unscathed. The author has turned her deep pain into a precious gift for others. I've without doubt this book changes lives for the better. I've cherished Sandy Swenson's books so very much I've loved Sandy Swenson's books so very much... This is actually the greatest book to learn of thoughts on addiction from a mother's view. I can pick up either book, go through a paragraph and get an ideal reminder to take time for myself, understand that I did not cause my child's addiction and, despite the fact that we lost our boy to the horrific disease, experience a feeling of peace overcome me..But there exists a special place in this hellishness, I really believe, for mother's. It is a comfort if you ask me to read one section each night as I try to put all the uncertainties and fears apart for another day.Highly recommend this small but highly effective book to moms/parents who love and live their lives through addiction. .Nothing can prepare family members for the challenges of loving an addict.All family and friends are affected whenever a loved one crosses from what Swenson describes as the line of WANTING to get high to NEEDING to get high. Thank you, Sandra Tending Dandelions may be the first book I have encountered which deals with the confusion, discomfort, guilt, shame, dread, and love that people mothers of addicted kids face every day.Swenson is one of these mothers. A mother for whom, a fellow mother or father of a grown-up addict recently quipped, "no one brings a casserole. Its okay to grieve and live in a world who so looks down on drug addiction and moms who've lost their child or children. Family and friends don't Know what to state.Loving an addict is usually a lonely place. Tender Dandelions is in no way a feel good read, but it is filled up with nuggets and with respect to the reader, your day, one's State of mind, can shed some light on the apparently impossible job of loving an addict, not the addiction, Loving however, not enabling, and living with a broken heart. Loved "The Joey Melody" and also love Sandy's newest book . The Joey track is wonderful I would recommend that to everyone who includes a loved one who's in energetic addiction.. It's such as a hug when it's needed the most. Daily reminders that people are in this jointly and no you need to face addiction alone. And it will make you feel like you've done the best you could with the trial you've been given. I lost my son in April to an overdose. Medicine for Mom's of Addicts An epidemic of grieving, broken, distraught, conflicted, and confused family follows in the wake of the current opioid addiction epidemic in america... Sandy under no circumstances disappoints. This reserve is so truthful about what families especially moms proceed through with the addiction problem. She hits the nail on the head with each web page. Beautifully informed by a mother who loves this child to never see again.. Our Thoughts Thank you Sandy for placing the thoughts and lives of so many of us mothers into words. Many thanks, Sandra, for this reserve. I also recommend "The Joey Song" Author Sandy Swenson with her psychological story about her boy and "How to allow go" of your addict. I gave this book to many friends and it was very helpful to them. Cathartic actually, to read and know they aren't alone. Sandra puts into phrases so many things about the disease of addiction; If you're going through this, you will see yourself on almost every page. Actually emphasizing how exactly to help the person rather than the addiction, and mainly, how exactly to help oneself in case you are the parent or sibling or friend of an addicted person. Quite often, these things have become hard to put into words, but Sandra will it beautifully, in a compassionate, non-judgemental way. Thank you Sandra for sharing.Thank you Sandra. You have helped many by sharing your experiences and feelings through this publication. Wishing you the most effective!it always seems to be exactly what I have to hear. I've experienced this

book for a long period and I still pick and choose it up every day and read a passage. We WILL be together again and for the time being I'll do my best to live my life to the fullest just as my son would have wanted his family members to do. She has felt my pain and my hope. Very good read Wife loved it Healing journey for moms I found this book at the exact moment in my own life that I needed it, If your mother of an addict, this book says what we think, puts into phrases what we can not, touches our core, and helps us in our very own healing journey. Incredible book. I lost my son in April to an overdose. Great book. Extremely supportive for us mothers going through tough times with our addict children and losses there of. Very helpful to parents and to all the members of the family of an addicted person. I'm not alone Such a poignant and heartfelt account of one Mother's trip through the affects of addiction.. This will be in every counselor's bookshelf. Best publication for trying circumstances We don't write many testimonials. Too lazy. Too busy. I'm producing an exception. Loved "The Joey Track" and also love Sandy's newest book "Tending Dandelions"! how it affects a mother or father and other family members. It will provide a voice to all or any the thoughts you haven't had the opportunity to vocalize. I really like this publication. And that your best is enough. I can't say enough good about this compilation of thoughts! Beautifully told by a mom who loves this child never .. This book is no different. This is about the journey of loosing your son or daughter to drug over dose.." Addiction is a secret subject, a disease seen as a moral shortcoming. Five Stars Good book for Mothers of addicts.



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