



Adult Children: The Secrets of Dysfunctional Families

Linda Friel, John Friel

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It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one?

Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a listenable explanation of what happened to us and how we can rectify it.

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