

My Dad Is An Alcoholic What About Me A Pre Teen Guide To Conquering Addictive Genes

Explains the concept of co-dependency, describes common characteristics of the grandchildren of alcoholics and their families, and offers advice on treatment and the changing of family patterns

Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long-term, post-traumatic stress effects that adversely compromise adult relationships. Bestselling author, psychologist, and psychodramatist Tian Dayton examines this trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences in childhood, and she shows how these traumas can become catalysts for unhealthy, self-medicating behaviors including drug and alcohol abuse, food issues, and sex, gambling, and shopping addictions. Through Dr. Dayton's insightful analysis and thoughtful examination, *Adult Children of Alcoholics* will learn how and why the pain they experienced in childhood plays out in their adult partnering and parenting, and they will learn how to restore health and happiness through their resilience. "Why develop a booklet about helping kids avoid alcohol?" Alcohol is a drug, as surely as cocaine and marijuana are. It's also illegal to drink under the age of 21. And it's dangerous. Kids who drink are more likely to: * Be victims of violent crime. * Have serious problems in school. * Be involved in drinking-related traffic crashes. This guide is geared to parents and guardians of young people ages 10 to 14. These suggestions are just that--suggestions. Trust your instincts. Choose ideas you are comfortable with, and use your own style in carrying out the approaches you find useful. Your child looks to you for guidance and support in making life decisions--including the decision not to use alcohol .Audience: Parents, child counselors, educators, child psychologists, physicians, school guidance counselors, and teenagers may be interested in this resource. Related products: Other products related to Women's Health can be found here: <https://bookstore.gpo.gov/catalog/health-benefits/womens-health> Other products related to Alcoholism can be found here: <https://bookstore.gpo.gov/catalog/health-benefits/alcoholism-smoking-substance-abuse> Other products produced by National Institute on Alcohol Abuse and Alcoholism can be found here: <https://bookstore.gpo.gov/agency/1720>

A young girl shares her feelings and frustrations about her alcoholic father's behavior.

In the 1980's, Janet Woititz broke new ground in our understanding of what it is to be an Adult Child of an Alcoholic. In this updated edition of her bestseller she re-examines the movement and its inclusion of Adult Children from various dysfunctional family backgrounds who share the same characteristics. After decades of working with ACoAs she shares the recovery hints that she has found to work. Read *Adult Children of Alcoholics* to see where the journey began and for ideas on where to go from here. This new edition of *Perfect Daughters*, a pivotal book in the ACoA movement, identifies what differentiates the adult daughters of alcoholics from other women. When this groundbreaking book first appeared over ten years ago, Dr. Ackerman identified behavior patterns shared by daughters of alcoholics. Adult daughters of alcoholics—"perfect daughters"—operate from a base of harsh and

limiting views of themselves and the world. Having learned that they must function perfectly in order to avoid unpleasant situations, these women often assume responsibility for the failures of others. They are drawn to chemically dependent men and are more likely to become addicted themselves. More than just a text that identifies these behavior patterns, this book collects the thoughts, feelings and experiences of twelve hundred perfect daughters, offering readers an opportunity to explore their own life's dynamics and thereby heal and grow. This edition contains updated information throughout the text, and completely new material, including chapters on eating disorders and abuse letters from perfect daughters in various stages of recovery, and helpful, affirming suggestions from Dr. Ackerman at the end of every chapter. This book is essential for every one who found validation, hope, courage and support in the pages of the original Perfect Daughters, as well as new readers and every therapist who confronts these issues. Also includes: a comprehensive reference section and complete index.

This book is an introduction into the workings of Al-Anon, Alcoholics Anonymous. As people come together to find help and support in dealing with the effects of alcoholism, they often find help and solace in the experiences shared by other member. They come together for many different reasons, and return looking for one reason: hope of a better life.

Admit it. You've been looking for that once-in-a-lifetime opportunity to show everyone the great man you know you are. Well, congratulations. That moment is here. You are a parent (or you're about to become one). A father! A sober dad. If the word sober led you to pick up this book, you are on the right track. You know you want to be a sober dad. Physically sober. Emotionally sober. Here's your guide to giving up being a "guy" and to becoming a better man, so that you become a better dad. You aren't going to get everything right. Everything isn't going to be perfect. Perfectly imperfect is okay. Your role as a dad will last a lifetime. You'll soon see that perfection isn't the point. Showing up, being present, getting up, and trying again with your eyes wide open and crystal clear—that's what counts. That's what separates the guys from the sober dads. Those are the things your kids will remember.

Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

"Addiction to alcohol and/or drugs is a devastating and incomprehensible disease. It reaches down into the very core of the alcoholic and his or her family and destroys their most precious possessions--love, faith, trust, confidence and finally

hope. While intimate and painful at times this book tells the dramatic love story of one such family. It finally focuses on how the backlash of alcoholism foments anger and hatred between a father and son that eventually inundates the entire family. Every glitter of hope is seemingly drowned and growing despair leads to near devastation. Then, when all seems lost, the miracle of recovery gradually restores torn relationships and emotional health. That is why this deeply personal story was written--to show alcoholics and their families touched by the painful disease of addictions that hope does spring eternal and to encourage and guide them to reach out and seek the path to recovery."--Back cover.

Knowing how to help an alcoholic is the first step. Someone close to you has a problem, and it bothers you, it hurts you, it distracts you and prevents you from sleeping peacefully. You do not want to regret being passive after something dangerous might happen. In order to make it easy to follow, this guide is divided into several mutually complementary parts. Follow this guide, and you will see you how alcoholism unfolds and how it can be turned back again.

When Maggie's father's drinking becomes out of hand, it affects the entire family, especially Maggie, in a book that discusses the family problems alcoholism can cause and the ways children can cope with an alcoholic family member. "A classic. Read it. Use it. It can help guide you step by step into the bright light of the world of recovery." —from the Foreword by Harry Haroutunian, M.D., Physician Director, Betty Ford Center "The Recovery Book is the Bible of recovery. Everything you need to know you will find in here." —Neil Scott, host, Recovery Coast to Coast radio Hope, support, and a clear road map for people with drug or alcohol addiction. Announcing a completely revised and updated second edition of The Recovery Book, the Bible of addiction recovery. The Recovery Book provides a direct and easy-to-follow road map to every step in the recovery process, from the momentous decision to quit to the emotional, physical, and spiritual issues that arise along the way. Its comprehensive and effective advice speaks to people with addiction, their loved ones, and addiction professionals who need a proven, trusted resource and a supportive voice. The new edition of The Recovery Book features the revolutionary Recovery Zone System, which divides a life in recovery into three chronological zones and provides guidance on exactly what to do in each zone. First is the Red Zone, where the reader is encouraged to stop everything, activate their recovery and save their life. Next is the Yellow Zone, where the reader can begin to rebuild a life that was torn apart by addiction. Finally, the reader reaches the Green Zone, where he can enjoy a life a recovery and help others. Readers also learn how to use the Recovery Zone ReCheck, a simple, yet very effective relapse prevention tool. The Recovery Zone System works hand-in-hand with the 12-step philosophy and all other recovery methods. In addition, The Recovery Book covers new knowledge about addiction mechanisms and neuroplasticity, explaining how alcohol and drugs alter the brain. The authors outline a simple daily practice, called TAMERS, that helps people to use those same processes to "remold their brains" around recovery, eventually making

sobriety a routine way of life. Written by Al J. Mooney, M.D., a recovery activist who speaks internationally on recovery, and health journalists Catherine Dold and Howard Eisenberg, *The Recovery Book* covers all the latest in addiction science and recovery methods. In 26 chapters and over 600 pages, *The Recovery Book* tackles issues such as: Committing to Recovery: Identifying and accepting the problem; deciding to get sober. Treatment Options: Extensive information on all current options, and how to choose a program. AA and other 12-Step Fellowships: How to get involved in a mutual-support group and what it can do for you. Addiction Science and Neuroplasticity: How alcohol and drugs alter pathways in the brain, and how to use the same processes to remold the brain around recovery. Relapse Prevention: The Recovery Zone ReCheck, a simple new technique to anticipate and avoid relapses. Rebuilding Your Life: How to handle relationships, socializing, work, education, and finances. Physical and Mental Health: Tips for getting healthy; how to handle common ailments. Pain Control: How to deal with pain in recovery; how to avoid a relapse if you need pain control for surgery or emergency care. Family and Friends: How you can help a loved one with addiction, and how you can help yourself. Raising Substance-Free Kids: How to “addiction-proof” your child. The Epidemic of Prescription Drugs: Now a bigger problem than illegal drugs. Dr. Al J. Mooney has been helping alcoholics and addicts get their lives back for more than thirty years, using both his professional and personal experiences at his family’s treatment center, Willingway, and most recently through his work as medical director for The Healing Place of Wake County (NC), a homeless shelter. *The Recovery Book* will help millions gain control of their mind, their body, their life, and their happiness. www.TheRecoveryBook.com

This book for teenagers and children is about understanding parents and unhealthy lifestyles during and after a parent's drug or alcohol dependency and abuse. Children of alcoholic or addicted parents often have difficulty understanding what is happening to their parent. The story goes through the life of Alex whose father suffers from the disease of addiction and dependency on drugs or alcohol. It explores how Alex thinks, feels, and acts to his father's dependency and how family separation may occur at times. Drug and alcohol dependency is explained to Alex in the way children and teenagers can comprehend without instilling the idea that the parent does not love them. The book also contains helpful information for helping teens and children to understand alcoholism and drug dependency problems. It further contains information and helpful discussion questions for adults. It is perfect for reading together if you are family, foster family, caregiver, counselor, social worker, teacher, or family friend to help the child understand how lives are impacted the disease of addiction.

One of the most respected basketball coaches in the country relates the story of his life, from his turbulent childhood to the North Carolina Tar Heels' national championship in 2009, and discusses the coaching philosophy that has made him

successful.

In this book Marc and his daughter Lianna tell you everything they wish someone had told them about addiction.

Together, they share their family's journey of recovery. If you're wondering what's happening in your family, and what you should do, My Dad is an Alcoholic will help you find your way.

Has drug or alcohol abuse in your family caused your child to become withdrawn or to act out? Is addiction in a family member contributing to upset and stress in your child? Do you want to help your child understand the problem and communicate about his/her feelings? Do you want to help your child develop healthier coping strategies? I Can Be Me is a helping book for professionals and parents who want to help children of alcoholic parents. Written for children ages 4 to 12, it can be read by a child alone or worked through with a caring adult. Simple line drawings and text speak to children in a language they understand and are based on the real experiences of children with addicted parents. Written from the perspective of children whose parents are addicted to alcohol and various other drugs, this book helps children take off the masks that hide their true feelings and educates them about alcohol or drug abuse in the family. Entertaining drawings and simple text make this book easy to understand and invite children to add their own thoughts and feelings. Children often feel alone in homes where alcoholism or drug abuse is present. I Can Be Me helps children understand more about addiction and realize that they are not to blame for their parents problems. Through a series of creative exercises and activities children learn about healthy coping strategies and that they are not alone. Eight separate units make this book an ideal companion to counseling or support group sessions. Parents or counselors can also use a single section to address the unique concerns of an individual child.

Growing up as the child of an alcoholic can be full of heartbreak, disappointment, and pain-but it can also contain moments of brilliance, passion, and love. In Cowboy Dad: Love, Alcoholism, and a Dying Way of Life, author Melissa Broughton offers a raw and candid look at life with her alcoholic father, as well as the beautiful country lifestyle she led while living on a small-town ranch. Poignant but also full of humor and wit, these true stories take a heart wrenchingly honest look at alcoholism, grief, death, and faith while detailing a tight-knit family's attempt to cope with a horrible disease...and its profound consequences. Both inspiring and encouraging, these tales detail Broughton's life growing up on the ranch under the specter of addiction and convey the acute effect that alcoholism can have-not only on the addicts, but also on the loved ones around them. For fans of Elizabeth Gilbert, Cheryl Strayed, and Anne Lamott, Cowboy Dad is a beautiful story of family, sorrow, and learning how to separate the person from the disease.

A Best Book of 2020: Open Letters Review "Andrews's writing is transportingly voluptuous, conjuring tastes and smells and sounds like her literary godmother, Edna O'Brien . . . What makes her novel sing is its universal themes: how a

young woman tries to make sense of her world, and how she grows up." –Penelope Green, The New York Times Book Review This "luminous" (The Observer) feminist coming-of-age novel captures in sensuous, blistering prose the richness and imperfection of the bond between a daughter and her mother It begins with our bodies . . . Safe together in the violet dark and yet already there are spaces beginning to open between us. From that first immaculate, fluid connection, through the ups and downs of a working-class childhood in northern England, the one constant in Lucy's life has been her mother: comforting and mysterious, ferociously loving, tirelessly devoted, as much a part of Lucy as her own skin. Her mother's lessons in womanhood shape Lucy's appreciation for desire, her sense of duty as a caretaker, her hunger for a better, perhaps reckless life. At university in glamorous London, Lucy's background sets her apart. And then she is finished, graduated, adrift. She escapes to a tiny house in Donegal left empty by her grandfather, a place where her mother once found happiness. There she will take a lover, live inside art and the past, and track back through her memories and her mother's stories to make sense of her place in the world. In "a stunning new voice in British literary fiction" (The Independent) that lays bare our raw, dark selves, Jessica Andrews's debut honors the richness and imperfection of the bond between a daughter and her mother. Intricately woven in lyrical vignettes, Saltwater is a novel of becoming-- a woman, an artist-- and of finding a way forward by looking back.

James Patterson presents this emotionally resonant novel that shows that while some broken things can't be put back exactly the way they were, they can be repaired and made even stronger. Kira's Twelve Steps To A Normal Life 1. Accept Grams is gone 2. Learn to forgive Dad 3. Steal back ex-boyfriend from best friend... And somewhere between 1 and 12, realize that when your parent's an alcoholic, there's no such thing as "normal." When Kira's father enters rehab, she's forced to leave everything behind -- her home, her best friends, her boyfriend...everything she loves. Now her father's sober (again) and Kira is returning home, determined to get her life back to normal...exactly as it was before she was sent away. But is that what Kira really wants? Life, love, and loss come crashing together in this visceral, heartfelt story by BuzzFeed writer Farrah Penn about a girl who struggles to piece together the shards of her once-normal life before his alcoholism tore it apart.

For Teenagers Living With a Parent Who Abuses Alcohol/Drugs by Edith Lynn Hornik-Beer answers questions about alcoholism asked by teenagers. Included are: What causes alcoholism? Where can I get help? What do I do about the abuse? Should I stay at home? Where can I go? How can anyone expect me to concentrate in school? Why do I fight with my parents even when they are sober?

Determine if your drinking is a problem, develop strategies for curbing your intake, and measure your progress with this practical, engaging guide to taking care of yourself. Every day, millions of people drink a beer or two while watching a

game, shake a cocktail at a party with friends, or enjoy a glass of wine with a good meal. For more than 30 percent of these drinkers, alcohol has begun to have a negative impact on their everyday lives. Yet, only a small number are true alcoholics--people who have completely lost control over their drinking and who need alcohol to function. The great majority are what Dr. Doyle and Dr. Nowinski call "Almost Alcoholics," a growing number of people whose excessive drinking contributes to a variety of problems in their lives. In *Almost Alcoholic*, Dr. Doyle and Dr. Nowinski give the facts and guidance needed to address this often unrecognized and devastating condition. They provide the tools to identify and assess your patterns of alcohol use; evaluate its impact on your relationships, work, and personal well-being; develop strategies and goals for changing the amount and frequency of alcohol use; measure the results of applying these strategies; and make informed decisions about your next steps.

"A documentary filmmaker and daughter of the late, great New York Times columnist David Carr celebrates and wrestles with her father's legacy in a raw, redemptive memoir."--O: The Oprah Magazine "A breathtaking read . . . a testimony equal parts love and candor. David would have had it no other way."--Ta-Nehisi Coates, bestselling author of *Between the World and Me* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY GLAMOUR AND MARIE CLAIRE *Dad: What will set you apart is not talent but will and a certain kind of humility. A willingness to let the world show you things that you play back as you grow as an artist. Talent is cheap. Me: OK I will ponder these things. I am a Carr. Dad: That should matter quite a bit, actually not the name but the guts of what that name means. A celebrated journalist, bestselling author (*The Night of the Gun*), and recovering addict, David Carr was in the prime of his career when he suffered a fatal collapse in the newsroom of The New York Times in 2015. Shattered by his death, his daughter Erin Lee Carr, at age twenty-seven an up-and-coming documentary filmmaker, began combing through the entirety of their shared correspondence--1,936 items in total--in search of comfort and support. What started as an exercise in grief quickly grew into an active investigation: Did her father's writings contain the answers to the question of how to move forward in life and work without her biggest champion by her side? How could she fill the space left behind by a man who had come to embody journalistic integrity, rigor, and hard reporting, whose mentorship meant everything not just to her but to the many who served alongside him? *All That You Leave Behind* is a poignant coming-of-age story that offers a raw and honest glimpse into the multilayered relationship between a daughter and a father. Through this lens, Erin comes to understand her own workplace missteps, existential crises, and relationship fails. While daughter and father bond over their mutual addictions and challenges with sobriety, it is their powerful sense of work and family that comes to ultimately define them. This unique combination of Erin Lee Carr's earnest prose and her father's meaningful words offers a compelling read that shows us what it means to be vulnerable and lost, supported and found. It is a window into love,*

with all of its fierceness and frustrations. "Thank you, Erin, for this beautiful book. Now I am going to steal all of your father's remarkable advice and tell my kids I thought of it."--Judd Apatow

In MY DAD SMELLS FUNNY, Molly realizes her dad is different. He doesn't smell like other dads. So begins her journey to learning her dad is an alcoholic and what that means for her and her family. The reader can learn about alcoholism right along with Molly, whether they're dealing with it in their own lives or not. How Molly copes with the knowledge and learns to live her life in spite of it, should help and inspire other children, too. Or they can just enjoy the book for its humor and Molly's delightful adventures.

Offers emotional support to women hoping to overcome the trauma of an alcoholic mother, presenting advice on how to live a fulfilling life and furnishing personal case stories of other survivors who have achieved wholeness. Reprint. Tour.

Mind-altering drugs shackle her father to dementia. As if it were a holding pen for rotting trash, authorities in the nursing home system dispensed him to that dark cell. For the second time in their lives, Judy desperately searches for the answer to free her father. While growing up in an alcoholic environment, she struggled to find what drove him to drink. She was sure if she found it she could cure her father of alcoholism and make everyone happy. Judy finds the liberating key to his present imprisonment, but she cannot turn the lock until she revisits and reveals the shameful secret carefully and faithfully guarded for decades. While doing so, she confronts her fears and emotional wounds carved within a dysfunctional family. That is not enough, though, to rescue him, for the two are now ensnared by an unfamiliar adversary—nursing home neglect and abuse—that Judy must battle every day for her defenseless father. Through it all she longs for him to believe he is and always was important, worthy, loved. Are you a child of an alcoholic? a caregiver of the elderly? a seeker of love's passages? This heart-gripping story shares pain and victory. "Before the Door Closes is very well written and revealing of the pains and triumphs of Judith Hall Simon's journey with an alcoholic father. While reading this book I felt that I was reading the journey of only one person not two. Judith reveals just how overwhelming an alcoholic father can be and how one's identity can be taken over by an alcoholic parent. Her book teaches and touches at the same time. I recommend it to the millions of adult children of alcoholics and to those who love them. Nice work!" ROBERT J. ACKERMAN, Ph.D., author of Perfect Daughters and a co-founder of the National Association for Children of Alcoholics

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, Infinite Jest explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, Infinite Jest bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, The Atlantic

In an easily understood, beautifully illustrated style, "Daddy's Disease" helps families to navigate the difficult waters of alcoholism. Tommy doesn't know why his father doesn't show up for dinners, or soccer games or why he acts funny sometimes. Tommy thinks it's because his

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father doesn't want to be with him, that he hasn't been the best boy he can be, that he should try harder. But, Mommy tells Tommy that Daddy has a disease called "alcoholism." She helps Tommy, and his faithful dog Murphy, understand what this disease is and how it affects Daddy, and the whole family. She teaches Tommy that he is not responsible for Daddy's behavior and that gives Tommy the peace he needs to foster a healthy childhood. Carolyn Hannan Bell has given a gift to thousands of children and their parents with her book: "Daddy's Disease". A wonderful book for children who have a parent who has alcoholism. With gentle insight and poignant stories, she introduces us to 7-year-old Tommy whose father is an active alcoholic. Like most children of alcoholics, he is confused, angry and feels it's his fault. This is where Carolyn takes over the voice of Tommy's mother and holds his hand and heart while she guides them through these difficult waters. This is a children's book that everyone living with alcohol should read. Thank you Carolyn! Daniel Gottlieb, PhD Host: "Voices in the Family" WHYY FMAuthor: "Letters to Sam", "Wisdom of Sam" and forthcoming "The Wisdom We're Born With"

Offers personal advice for the children of alcoholics and discusses the family relationships of alcoholics

A Life Turned Upside Down: My Dad's an Alcoholic Seven Seas Entertainment

Mariko Kikuchi tells the painful story of her father's alcoholism and her own journey through guilt to understanding her father's illness. She rejects the common belief that family members can and should be forgiven for anything they do, no matter how much harm they cause. This powerful, self-contained autobiographical manga began as a web series that went viral, and inspired a critically acclaimed 2019 film in Japan. Suggestions and advice for teens with alcohol or drug dependent parents.

Natasha Friend is a Judy Blume for today -- clearly evident in this remarkable new novel about a girl whose father is an alcoholic and how she and her family learn to deal with his condition. It's hard to be a 13-year-old girl. But it's even harder when your father's a drunk. It adds an extra layer to everything -- your family's reactions to things, the people you're willing to bring home, the way you see yourself and the world. For Samantha, it's something that's been going on for so long that she's almost used to it. Only, you never get used to it. Especially when it starts to get worse...

An artist's autobiographical manga about her father's alcoholism, which inspired a critically acclaimed live-action film. In this diary-style manga, Mariko Kikuchi tells the painful story of her father's alcoholism, and her own journey through guilt and self-blame to understand her father's illness. She rejects the common belief that family members can and should be forgiven for anything they do, no matter how much harm they cause. This powerful, self-contained manga began as a web series that went viral, and went on to inspire a 2019 film in Japan. Now this groundbreaking work about the ripple effects of addiction will be released in English for the very first time.

A little girl is frightened of her daddy when he's drunk, but with the support of his family and friends he enters a treatment program and resolves to stay sober.

A deeply personal exploration of fatherhood, addiction, and resiliency from Craig Melvin, news anchor of NBC's Today show. For Craig Melvin this book is more an investigation than a memoir. It's an opportunity to better understand his father; to interrogate his family's legacy of addiction and despair but also transformation and redemption; and to explore the challenges facing all dads--including Craig himself, a father of two young children. Growing up in Columbia, South Carolina, Craig had a fraught relationship with his father. Lawrence Melvin was a distant, often absent parent due to his drinking as well as his job working the graveyard shift at a postal facility. Watching sports and tinkering on Lawrence's beloved (but unreliable) 1973 Pontiac LeMans were two ways father and son connected, but as Lawrence's drinking spiraled out of control, their bond was stretched to the breaking point. Fortunately, Craig had a loving, fiercely protective mother who held the family

together. He also had a series of surrogate father figures in his life--uncles, teachers, workplace mentors--who by their examples helped him figure out the kind of person and father he wanted to be. Pops is the story of all these men--and of the inspiring fathers Craig has met reporting his "Dads Got This Series" on the Today show. Pops is also the story of Craig and Lawrence Melvin's long journey to reconciliation and understanding, and of how all these experiences and encounters have informed Craig's understanding of his own role as a dad.

U.S. census figures forecast that the percentage of U.S. citizens over the age of 65 will double between 1980 and 2030. Estimates that between 3 and 10% of this group are prone to alcohol abuse points to the potential for an increasingly ominous health care problem. Alcohol and Aging, the first comprehensive treatment of the topic written for clinicians, covers a wide range of issues unique to elderly alcoholics, from diagnosis and treatment to alcohol-related medical and cognitive disorders, from problems arising from interactions between alcohol and medication to the biochemistry of intoxication. Throughout, the book focuses on clinical, practical problems and stays away from jargon, making it accessible to a wide range of readers. Featuring contributions a diverse group of specialists, the book will be an invaluable aid to physicians, psychiatrists, clinical psychologists, and social workers who treat alcoholism in the aging population.

Genetics. Peer Pressure. Environment. Why Do Young People Succumb to Substance Abuse? What is the Impact? How Can It Be Avoided? We see alcohol and drug abuse depicted on TV and in the movies. Our parents often drink when they socialize. And states are legalizing drugs. It is not unusual for us to know someone addicted to prescription drugs--part of the opioid epidemic we hear about in the news. So, with alcohol and drugs all around us, how can we avoid them? And what does it really take to stay substance-free? The answer is simple: Be prepared. Understand the dangers and consequences. If we want our lives to be the best they can be, we need to take care of our bodies and our minds. Using drugs and alcohol keeps us from doing this. And if you are one of the billions of people with a genetic predisposition, even one drink, or using drugs one time can lead to a lifetime of addiction. Author Marc Treitler is an alcoholic. Sober for nearly a decade, he will deal with the disease and the challenge of maintaining his sobriety for the rest of his life. Together, Marc and his teenage daughter Lianna, share their family's journey of recovery while providing all the tips you will need to keep from ever succumbing to the peer pressure and temptations that lead to substance abuse.

"Ruby's dad begins to drink too much and things begin to change in Ruby's family. After some difficult times, Dad gets the help he needs to stop drinking. An honest, encouraging story to help children and families talk about alcohol and how it can affect family life"--Back cover.

Suggested level: primary, intermediate.

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