



Changing Course: Healing from Loss, Abandonment and Fear (2nd Revised edition)

By Claudia Black

Hazelden Information & Educational Services. Paperback. Book Condition: new. BRAND NEW, Changing Course: Healing from Loss, Abandonment and Fear (2nd Revised edition), Claudia Black, Changing Course, the best-selling sequel to It Will Never Happen to Me, Claudia Black extends a helping hand to individuals working their way through the painful experience of being raised with addiction. "How do you go from living according to the rules - Don't Talk, Don't Trust, Don't Feel - to a life where you are free to talk and trust and feel?" Black asks. "You do this through a process that teaches you to go to the source of those rules, to question them, and to create new rules of your own," she explains. Using charts, exercises, checklists, and real-life stories of adult children of alcoholics, Black carefully and expertly guides readers in healing from the fear, shame, and chaos of addiction.



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my I and dad suggested this ebook to discover.

-- **Adela Schroeder II**