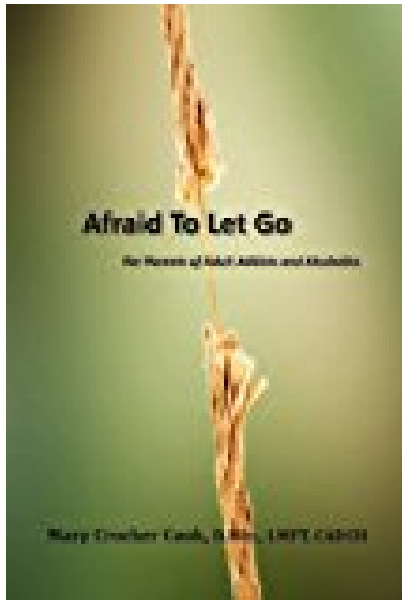


# Afraid to Let Go. For Parents of Adult Addicts and Alcoholics

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## BOOK DETAILS

- Author : Mary Crocker Cook
- Pages : 190 Pages
- Publisher : Robertson Publishing
- Language : English
- ISBN : 1611700922

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## **BOOK SYNOPSIS**

This is the first and only book on the market that focuses solely on the hurting parent and not the errant child. It is strictly for parents, and written by a parent who has gone through the heartbreak of two children on drugs and has survived to write about it. With a common sense approach, Rubin shows parents how to regain a footing in their own lives, and how to regain those elusive values called health and happiness. It also encourages a parent to give up the erroneous idea that the child's addiction is the parent's fault: the average parent is not, regardless of public opinion, the architect of the raging addict her or his child has become.

### **AFRAID TO LET GO. FOR PARENTS OF ADULT ADDICTS AND ALCOHOLICS**

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