



Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics

Robert Ackerman

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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.

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From reader reviews:

Eduardo Baro:

Playing with family in a very park, coming to see the sea world or hanging out with close friends is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics, it is possible to enjoy both. It is fine combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its named reading friends.

Martha McKee:

As a college student exactly feel bored in order to reading. If their teacher inquired them to go to the library or make summary for some guide, they are complained. Just minor students that has reading's soul or real their interest. They just do what the instructor want, like asked to the library. They go to presently there but nothing reading really. Any students feel that reading through is not important, boring in addition to can't see colorful pictures on there. Yeah, it is being complicated. Book is very important for you personally. As we know that on this age, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Perfect Daughters (Revised Edition): Adult Daughters of Alcoholics can make you sense more interested to read.

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