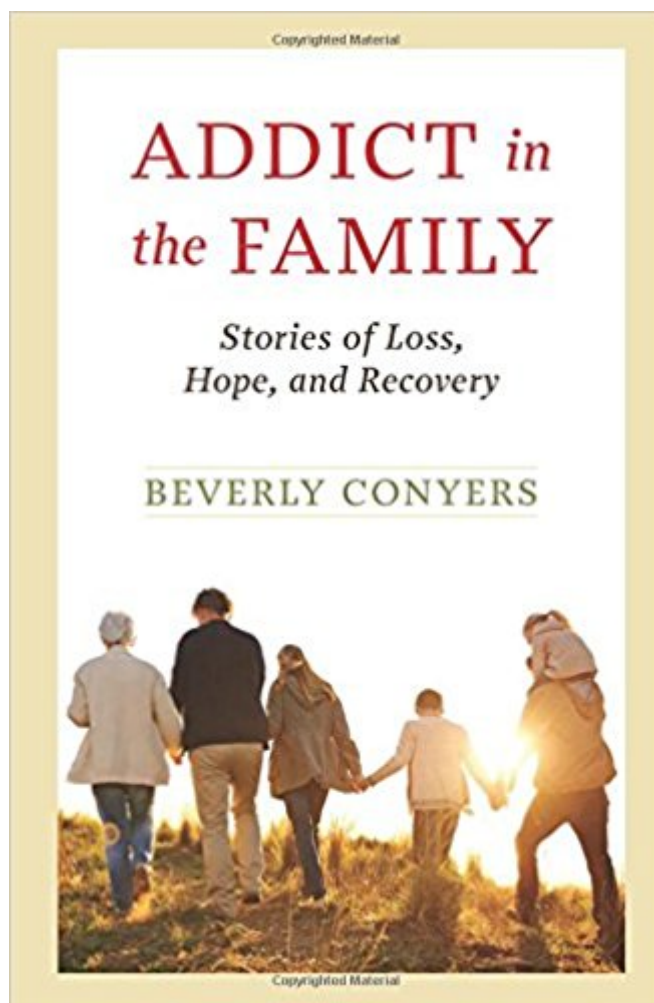


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# Addict In The Family: Stories Of Loss, Hope, And Recovery.



## Synopsis

Helps families who have a loved one suffering from an addiction learn important lessons on loving, detachment, intervention, and self-care. Witnessing the addiction of a family member or loved one is a heart-rending experience. But hope can prevail, as shown in this compelling revised and updated book. In *Addict in the Family*, the gripping stories of fathers, mothers, sons, and daughters of addicts offer important lessons on loving, detachment, intervention, and self care.

## Book Information

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## Customer Reviews

"Conyers talks about the disease of addiction, what's it's like to be an addict, how to deal with an addict and the recovery process. For loved ones and family members looking for hope, it is offered here as well as many resources for you to find peace in your own life as you weather this storm."

---Addiction Reads --This text refers to the Audio CD edition.

Beverly Conyers, MA, is an editor and freelance writer who lives in New England. She is also the author of *Everything Changes* and *The Recovering Heart*

If you have a family member or loved one who is addicted to drugs or alcohol, and you don't know what to do about it, then you should definitely read "*Addict in the Family: Stories of Loss, Hope, and Recovery*" by Beverly Conyers. You may ask yourself: Did I cause the addiction? How could I have been so blind? Is there any hope? How can I help him/her get well? Is it possible to find peace of

mind? Family members of addicts have very few choices to make and all too often it's the wrong ones. "Addict in the Family" can help you make the right choices. Families are the hidden victims of addiction, and they endure much mental anguish, guilt, and shame. Much of the suffering is rooted in the false belief that the addict has only himself to blame and that he could cure himself if he really wanted to. Despite all the begging, pleading, threatening, reasoning, and bribing the family members do, the addict will usually persist in his destruction. There are several informative chapters about the nature of addiction that includes tips on how to recognize the addict's chief tools: denial, dishonesty, and manipulation. These tools allow the addict to get drugs, continue using drugs, and help conceal the addiction, which absolutely cannot exist without these three behaviors. There are also biological explanations for why the addict can no longer experience the normal pleasures of life, and I like the way Conyers uses the example of Pavlov's dogs to explain how certain people, places, and things can trigger intense craving in the recovering addict. And Conyers explains why the family member must seek recovery also. Most family members falsely believe they shouldn't have to do anything because they are not the one with the problem. But the prolonged stress and constant worry and shame can affect the overall health of the family member. They've been found to suffer from a long list of physical and mental maladies and in the end can be just as sick as the addict, and therefore, should work the twelve steps of Al-Anon. As the author points out, if changing habits, attitudes, and desires were only a matter of identifying the problem and fixing it, then there would be no need for the self-help movement, psychoanalysis, addiction treatment programs, or books like this one. Too many families suffer because of this disease and know next to nothing about it. And they often make the wrong choices in an attempt to fix a problem that can't be fixed. Getting educated about addiction is a must if families truly want to help themselves and their loved one recover. Conyers, who is also the mother of a heroin addict, can guide you through the minefield of addiction to real recovery with this informative and insightful book. David Allan Reeves Author of "Running Away From Me"

Good insight into the suffering endured by an addict's family as a result of the addiction and addict behaviors. The stories were good to read about to see how others deal with this. The book does not really have a lot of practical advice as for what the family can and should and should not do about the addict, but then maybe that's an impossible task given the nature of the problem.

Anyone that has an addict in their life would benefit from this book. Please know you are not alone. Great information.

Very helpful advice for a parent or spouse and made me realize that whatever the addiction is (alcohol, drugs), it truly alters the brain chemistry to the point where the Addict really is powerless. Helps me to have compassion.

This book is very helpful for someone with an addict in the family. The anecdotal information lets you know that you are not alone in dealing with the issues that confront families dealing with an addict. Sadly, it is all too common. The factual information about the brain and addiction helps greatly in understanding the addiction and resultant behaviors of the addict. The information lets you see how you actually get caught up in the bizarre behaviors of the addict - almost as if you are addicted to the addict. Most importantly, she provides practical advice to the families of addicts about healing themselves, and remembering the three c's - you didn't cause it, you can't control it, and you can't cure it. If you have a family member who is addicted, you would do yourself a great service to pick up this book.

We have a son that is an addict. We have attended many alanon meetings and work hard to know that the path our son has chosen is not the path we chose for him and that we need to choose our own path. Letting go of someone you love so very much and have so many hopes and dreams for is very hard. We like that this book showed both sides of this horrible and many times hopeless path.

Great Book if you have the unfortunate reality of having an addict you love.

Addict in the Family it a great read for both the family as well as the substance user. For the family it confirms everything we feel and how we unknowingly continue to enable the user. It gives you help on how to encourage the user to seek the help they need while not enabling and giving them the love and support they need. I though I understood my user, but this book filled in all the missing pieces and helped me to really get it. For the user it helps them to understand what the family really goes through and how their substance use really affects the ones they love and the family dynamics. I leave mine in the bathroom or on the coffee table and often I see it moved or placed differently....he reads it a little at a time when he visits....and sometime we have open discussions about something he has read in the book. ANOTHER great book [ASIN:0060919698 Willpower's Not Enough: Recovering from Addictions of Every Kind]...meant for the user...but great for the family as well.

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