

Suggested Reading List

Books for Children & Young people

Emmy's Question

Auth, J.

Nine-year-old Emmy comes to better understand her mother's alcoholism.

My Dad Loves Me, My Dad Has a Disease: A Child's View: Living with Addiction

Black, C.

An illustrated workbook to give children of alcoholics the chance to share their feelings

Kids' Power Too: Words to Grow By

Brown, C., La Porte, B. & Moe, J. (available from Nacoo)

Positive statements to read each day, which can help you think, feel and act in healthy ways.

An Elephant in the Living Room: The Children's Book

Hastings, J. & Typo, M.

An illustrated story and workbook to help children cope with alcohol or drug addiction in the family.

The Brown Bottle

Jones, P.

This illustrated fable about a caterpillar is a storybook for explaining alcoholism to young children.

The Children's Place...At the Heart of Recovery

Moe, J. & Ziegler, R.

Artwork, letters and poems by children who have been affected by a family member's addiction.

Up & Down the Mountain: Helping Children Cope with Parental Alcoholism (Let's Talk)

Higgins, P.

This book shows children that alcoholism is not their fault, through the story of Jenny and her daddy.

I Wish Daddy Didn't Drink So Much,

Vigna, J.

The story of Lisa and her father, coming to terms with alcoholism at Christmas.

When a Family is in Trouble: Children Can Cope with Grief from Drug & Alcohol Addiction

Heegaard, M.

A workbook for children to express their feelings around their parent's alcohol use through drawing.

Courage to be Me: Living with Alcoholism

Al-Anon Family Groups

Written by young people who describe what happened in their homes, and how they dealt with it.



If Your Parents Drink too Much (booklet)

Al-Anon Family Groups (Available from Al-Anon)

Alateen's cartoon booklet presents three teenagers whose parents have drinking problems.

All of These People: A Memoir

Keane, F.

About growing up with an alcoholic father, & his own descent into, & recovery from, alcoholism.

Different Like Me: A Book for Teens Who Worry About Their Parent's Use of Alcohol/Drugs

Leite, E. & Espeland, P.

A book about what it's like to live with parents who abuse alcohol or other drugs.

Missing Mummy: Living in the Shadow of an Alcoholic Parent

Spiegler, E.

Poems offering an insight into the emotions of a child growing up with an alcoholic parent.

The Truth About Leo

Yelland, D.

The story of Leo, who loses his mother to cancer, and finds himself coping with his alcoholic father.

Other helpful books for Children and Young people**When Something Terrible Happens: Children Can Learn to Cope With Grief**

Heegard, M.

A workbook to help children work out their feelings about traumatic events.

When Someone Very Special Dies: Children Can Learn to Cope with Grief

Heegard, M.

A workbook to help children work out feelings about death.

The Huge Bag of Worries

Ironsides, V.

Jenny's worries follow her in a big bag. Jenny is helped to open up the bag and sort out her worries.

Sometimes My Mommy Gets Angry

Moore Campbell, B.

A storybook about Annie whose mother suffers from mental illness.

Hitting and Hurting: Living in a Violent Family

Pickering, F.

An illustrated book for children who live in a family where adults are violent towards each other.

Badger's Parting Gifts

Varley, S.

A storybook to talk to children about bereavement.



Chicken Soup for the Teenage Soul: Stories of Life, Love & Learning

Canfield, J., Hansen, M. & Kirberger, K.

A handbook containing 101 true stories covering all sorts of issues affecting young people.

Books for Adults

Growing in the Shadow: Children of Alcoholics

Ackerman, R.J.

A collection of essays about growing up in an alcoholic family.

Perfect Daughters: Adult Daughters of Alcoholics

Ackerman, R.J.

Shares the feelings of adult daughters of alcoholics; and how they overcame their childhood.

From Survival to Recovery: Growing Up in an Alcoholic Home

Al-Anon Family Groups

Looks at the family disease of alcoholism with courage, honesty and hope for the future.

Hope for Today Al-Anon Family Groups

Daily thoughts on living in a family with alcoholism, based on experiences of Al-Anon's members.

It Will Never Happen To Me: Growing Up with Addiction as Youngsters, Adolescents, Adults

Black, C.

Helping adult children of alcoholics understand the roles children adopt and the problems they face

Changing Course: Healing from Loss, Abandonment and Fear

Black, C.

The sequel to It Will Never Happen to Me. Helps individuals come to terms with their childhoods.

An Adult Child's Guide to what's "Normal"

Friel, J. & Friel, L.

A practical guide to living a normal life if you have been raised in a dysfunctional family.

Adult Children: The Secrets of Dysfunctional Families

Friel, J. & Friel, L.

Looks at family structure, roles, and boundaries, and offers advice on handling stress.

The 12 Steps for Adult Children Friends in Recovery

This book written by adult children is based upon the 12 Steps of Alcoholics Anonymous.

Daily Affirmations: For Adult Children of Alcoholics

Lerner, R.

Provides daily positive affirmations for adult children of alcoholics



Children of Alcoholics: How a Parent's Drinking Can Affect Your Life

Stafford, D.

(Out of print but perhaps your local library can order it for you)

Describes what it is like to grow up in a family with an alcoholic parent and how to recover from it.

Another Chance: Hope and Health for the Alcoholic Family

Wegscheider Cruse, S.

Looks at addiction, how the alcoholic family works, and the roles family members can take on.

Adult Children of Alcoholics

Woititz, J.G.

Describes the symptoms and treatment of alcoholism, how it affects families and ways to recover.

Life Skills for Adult Children

Woititz, J.G. & Garner, A.

Skills needed for life that parents were unable to teach their children due to addiction.

Addictions: your questions answered

Boyd, D.

Looking at all types of addictions & providing advice on self-help hoe to get support.

Dying for a Drink

Cantopher, T.

A practical guide on how to beat drinking, including binge drinking, in a no-nonsense manner.

Beat the Booze: A Comprehensive Guide to Combating Drink Problems in All Walks of Life

Tirbutt, E. & Tirbutt, H.

A practical book aimed at those who wish to cut down or cut out alcohol and those who wish to help

Other helpful books for Adults

Breaking Free: Help for Survivors of Child Sexual Abuse

Ainscough, C. & Toon, K.

The book offers an optimistic approach to help survivors break free from the past.

Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse

Bass, E. & Davis, L.

A comprehensive guide, offering hope to women who were sexually abused as children.

Codependent No More: How to Stop Controlling Others & Start Caring for Yourself

Beattie, M.

Contains real-life examples, exercises & self-tests to help people overcome their codependency.

The New Codependency: Help and Guidance for Today's Generation

Beattie, M.

Follow up to Codependent No More which clears up misconceptions about co-dependency.



The Language of Letting Go

Beattie, M.

Daily meditations focusing on self-esteem and acceptance.

Manhood

Biddulph, S.

A practical book for men wanting to enrich their lives and for parents wanting the best for their sons.

Creating Love: The Next Great Stage of Growth

Bradshaw, J.

A book for everyone who has struggled with painful relationships & is seeking a new direction.

Healing the Shame That Binds You

Bradshaw, J.

This book helps to identify shame, understand the reasons for it, & address the root causes.

Homecoming: Reclaiming and Championing Your Inner Child

Bradshaw, J.

This book explores how to nurture the 'inner child' and free oneself from the destructive past.

Betrayal of Innocence: Incest and its Devastation

Forward, S. & Buck, C.

This is for everyone who has experienced incest and for those who want to help someone who has.

The Soul of Adulthood: Opening the Doors

Friel, J. & Friel, L.

A book for all who want to gain understanding about life and what it means to grow up.

The 7 Best Things (Happy) Couples Do

Friel, J. & Friel, L.

A practical book into what makes a relationship enduringly successful

Facing Codependence: What it is. Where it Comes from. How it Sabotages Our Lives

Mellody, P.

Provides a framework for identifying and understanding codependent thinking and behaviour.

Codependency: How to Break Free and Live Your Own Life

Stafford, D. & Hodgkinson, L.

A book to help you understand codependency. It seeks to help you find a new happiness,



Books for Concerned others and Professionals

Straight Talk from Claudia Black: What Recovering Parents Should Tell Their Kids about Drugs & Alcohol
Black, C.

Five different families and how each of the parents talked with their kids about recovery & relapse.

Discovery...Finding the Buried Treasure: A Prevention/Intervention Program for Youth from High Stress Families
Moe, J.

Games and activities which impart healthy living skills so children can talk openly and share feelings.

Understanding Addiction & Recovery Through a Child's Eyes: Hope, Help & Healing for Families

Moe, J.

A book with stories of hope from children living in the shadow of family alcoholism.

Kids' Power: Healing Games for Children of Alcoholics

Moe, J. & Pohlman, D.

Games and activities for children from alcoholic and drug-addicted families

