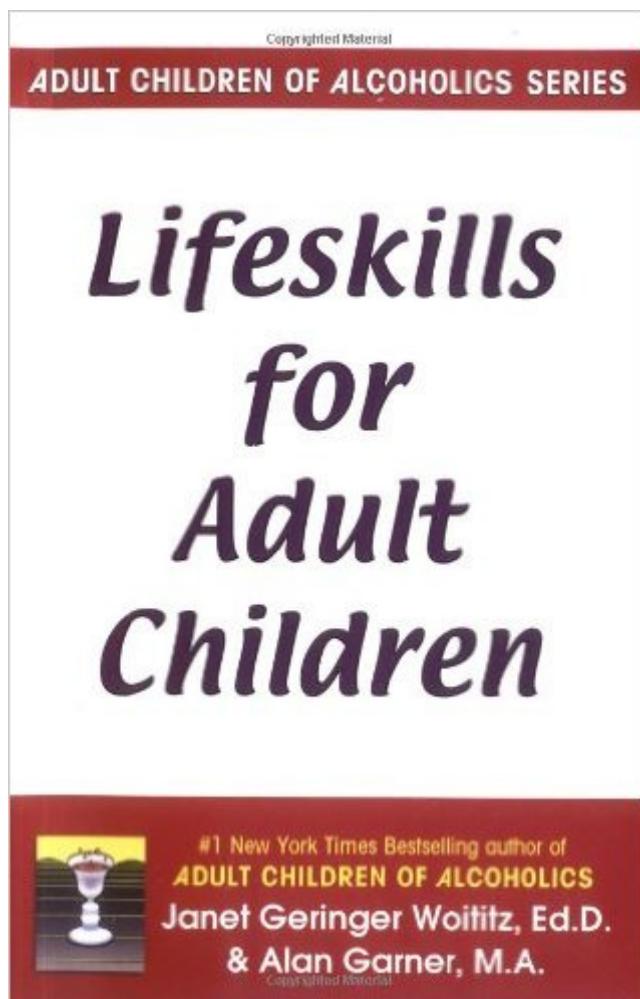


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# Lifeskills For Adult Children



## **Synopsis**

From the author of the New York Times bestseller *Adult Children of Alcoholics* -- a wonderful book that affirms and encourages AcoAs by developing skills for living. Imagine how good you would feel if: You could stand up for yourself without losing your temper You could make a decision without second guessing yourself You didn't have that sense of worthlessness every time someone criticized you You could learn how to say no and stick with it In *Lifeskills for Adult Children* you can learn how to do these things and more. This book is designed specifically for Adult Children and teaches skills to make your complex adult life easier, while improving your sense of self-worth. Examples are provided to help clarify the lessons and exercises are given to help you practice your new skills. So, if you have difficulty: Asking for what you want Solving problems Handling criticism Saying no read *Lifeskills for Adult Children* - you'll be glad you did.

## **Book Information**

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## **Customer Reviews**

I'm a veteran of the "adult child" genre, and as I was reading this book, I found myself thinking that other books in my library covered this ground much more effectively for my taste. I found the tone of this volume somewhat simplistic and the sample person-to-person interactions a bit forced (which I suppose is the point), but that made it hard for me to relate to them or imagine myself carrying out the sample exercises. Personally, I got a lot more out of *Adult Children of Abusive Parents* by Steven Farmer, which deals with many of the same topics but uses far more detail and more real-life examples I could believe actually happened, and that made a big difference in whether I felt

able to take the advice to heart. (Details ARE important to me, and I felt like Lifeskills was light on them: My copy may be 200 pages long, but it uses a suspiciously large font and liberal line spacing -- only 28 lines to a page.) There's also a curious convention Lifeskills uses -- three small stylized icons of a man tilting back a bottle of wine, which are used as section separators! Given that many "adult children" have one or more alcoholic parents, this really made me cringe. If you've never read any other books in this genre, this is probably an OK place to start. I just found that with some other books on this topic I'd read, I got more "bang for the buck."

"Lifeskills" is one of those books everyone should own. It deals with the personality traits inherent in those from dysfunctional families (primarily, children of alcoholics) and presents "normal" functioning skills which children of alcoholics often do not learn. Even if one is not a product of an alcoholic environment, this book gives an excellent view of healthy, "normal" responses to life's daily situations.

This is a great book for Adult Children of Alcoholics. One of the shared characteristics I've learned about adult children is a yearning for what is "normal". This book helps to know how to 'pick up the many broken pieces' and learn how to move on from the childhood life-style we were brought up in and relearn what is normal. I've read another book by the same author and have enjoyed the amazing insight she brings to light. I would highly recommend Adult Children of Alcoholics expanded edition. It tells about the several characteristics identifiable statistics that so many of Adult Children have in common --- it is amazing! A couple of other reads I would recommend and have found very insightful are: **YOUR PERFECT RIGHT: Assertiveness and Equality in Your Life and Relationships** (9th Edition) by Robert E. Alberti and Michael L. Emmons (Excellent book on how to be Assertive ---not passive or aggressive.) **BOUNDARIES** by Cloud/Townsend --- When to say YES, When to say NO, To take Control of Your Life (A must read book-- it helped change my life). We all need boundaries in our life and this book helps in many ways, but a couple that stand out are "the freedom to have our own thoughts and opinions, and how to deal with our own emotions and disengage from the harmful, manipulative emotions of others". Because of Janet G. Woititz and her many years of studies in the area of Adult Children and her writings on these topics to the public as well as other colleagues in her field, I have been greatly helped and on the road to recovery!

I haven't finished reading the entire book yet but I'm finding it to be a little basic. The information is all useful but at this point in my life (I'm in my 50's), I've figured out most of these skills on my own

already. The book probably would have had more impact on me when I was younger and still struggling with the kinds of things the book addresses. Certainly I'm better able to cope now because of the kinds of skills the book teaches. And of course the learning process never really ends (I am reading the book after all!). So I would say the book is worthwhile but its impact may depend on where the reader is in their personal journey.

For years I have struggled with poor social and communication skills which caused me great frustration. This book was written for people like myself who have grown up in the shadows of alcoholism and consequently did not develop some key life skills as a result of the alcoholic environment. This book is a must read. it is thoroughly well written, with examples and instructions on how to develop the life skills needed. i especially liked the chapter that focused on conversation clues, which gives scenarios that can be used in everyday life. Wonderful!!

I found the chapter in this book on expressing feelings to be very helpful. The list of feelings presented in this chapter is very useful for someone who does not know how to express or name their feelings. People who grew up in homes where self expression was frowned upon and therefore repressed, really need information such as this. I have practiced reflective listening and it is very effective. People feel heard, yet not judged. It sets a very comfortable atmosphere for communication and as adult children often do not communicate well, this is a needed skill. The chapter in this book, "Asking For What You Want," was a real eye opener for me. I was always waiting for people to figure out how I was feeling, what I wanted and needed. The author provides exercises designed to help passive people learn to assertively ask for what they want without become aggressive. There is an abundance of great information in this book for anyone who is looking to improve their communication skills. [...]

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