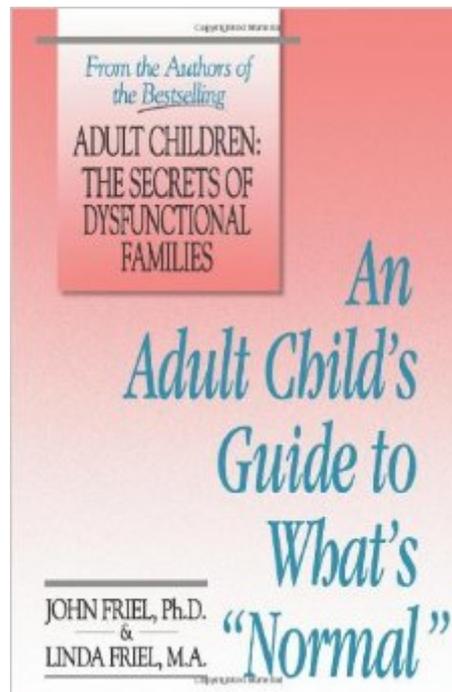


The book was found

# An Adult Child's Guide To What's 'Normal'



## Synopsis

You have begun to deal with the pain and trauma of being raised in a dysfunctional family and now you are ready to lead a healthy life. But: Do you know what healthy people do? Do you know what is "normal"? Do you know how to ask unwanted guests to leave? In *An Adult Child's Guide to What's "Normal"*, John and Linda Friel have written a practical guide to living a healthy life. Your parents may not have been able to teach you social skills but it is not too late to learn them now. Read this guide and learn how to respond to the challenges, problems and traps that we are faced with daily.

## Book Information

Paperback: 200 pages

Publisher: HCI; First Edition edition (September 1, 1990)

Language: English

ISBN-10: 1558740902

ISBN-13: 978-1558740907

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #40,757 in Books (See Top 100 in Books) #58 in [Books > Health, Fitness & Dieting > Mental Health > Codependency](#) #161 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#) #1140 in [Books > Self-Help > Relationships](#)

## Customer Reviews

Whoever said it was too cookbook hasn't appreciated the the value of having a thorough one at hand. I loved the Friel's approach. It is a bit harder on the ego than the *Woititz ACOA* book but this one includes ALL dysfunctions, and I know even after years in recovery I will still find valuable resources in this book to guide me along my bumpy journey. As one who has NO idea what is normal, yet somehow manages to function at the basic level in society, I definitely appreciated the simple yet thorough approach used here. This book isn't another "blame the parents--give you an excuse" soother. It requires that we take responsibility for our adult lives, recovery, happiness, misery, relationships, dysfunctional patterns & our future. This book shows me exactly what healthy (they don't believe in the statistical normal, to them normal means emotionally healthy, which is a far more useful definition of the ambiguous term "normal" anyway) living means, looks-smells-tastes-feels like! I can use this book as a check-up to see if I'm on the right track and if

not, follow the suggestions or get further help. Most of all this book helped me to recognize that recovery isn't an overnight process, can't be done alone in isolation, that I'm human and mistakes are actually a GOOD and WELCOME experience and do NOT have anything whatsoever to do with my self-worth. This book even includes several chapters on how to respond to con artists, abusers & generally rude, mean or unhealthy people. How to deal with zingers, how to set healthy boundaries & protect ourselves & our healthy boundaries, I could go on for pages praising this book. I've bought numerous other self-help books & this one was the best.

[Download to continue reading...](#)

An Adult Child's Guide to What's 'Normal' The Other Side of Normal: How Biology Is Providing the Clues to Unlock the Secrets of Normal and Abnormal Behavior Obstetrics: Normal and Problem Pregnancies (Obstetrics Normal and Problem Pregnancies) Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series) Adult Romance: Adult Bedtime Short Stories - Sultry XXX Romantic Billionaire Romance, Mail Order Bride Historical Romance, Western, Alpha Male Love, New Adult, Victorian Romance, Bedtime Anthology Conquering Your Child's Chronic Pain: A Pediatrician's Guide for Reclaiming a Normal Childhood The Tiger's Child: The Story of a Gifted, Troubled Child and the Teacher Who Refused to Give Up On (One Child) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars REVERSE DIABETES - LOWER BLOOD SUGAR TO NORMAL - BE DRUG FREE - END TESTING - BONUS: HOW TO KEEP DIABETES OFF MEDICAL RECORDS (Diabetes Cure, Diabetes Diet) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 1) A Practical Guide to Fetal Echocardiography: Normal and Abnormal Hearts Pokemon Go... F-ck Yourself! (The Adult Coloring Book): The Pokemon Go Adult Coloring Book full of Swear Words and Pokemon Talking So Much Trash ... Books & Swear Word Coloring Books) (Volume 1) Nurse Life: A Snarky Adult Coloring Book: A Unique Humorous Adult Coloring Book For Nurses & Nursing Students With Funny Quotes, Hand Lettering Word ... Relaxation Stress Relief & Art Color Therapy) Mom Life: A Snarky Adult Coloring Book: A Unique Humorous Adult Coloring Book For A New Mom, Mommy & Mom To Be With Funny Hand Lettering, Cute Quotes, ... Relaxation Stress Relief & Art

Color Therapy) Adult Swear Word Coloring Book : Fuck You & Other Irreverent Notes To Annoying People: 40 Sweary Rude Curse Word Coloring Pages To Calm You The F\*ck Down (Adult Swear Word Coloring Books) (Volume 1) Sugar Skulls Shits: A Swear Word Adult Coloring Book: Adult Swear Word Coloring Book for Stress Relief and Funny Phrases The Demotivational Book: Just F\*cking Color - Part 2 - The Adult Book of Hidden Swear Words, Curse Words & Demotivational Thoughts! (Adult Books, Swear ... your anger) (Shut the F\*ck Up and Color 6) Angry Greeting Cards: Swear Word Adult Greeting Cards You Can Make Yourself (Adult Greeting Cards & Swear Word Greeting Cards Book 1)

[Dmca](#)