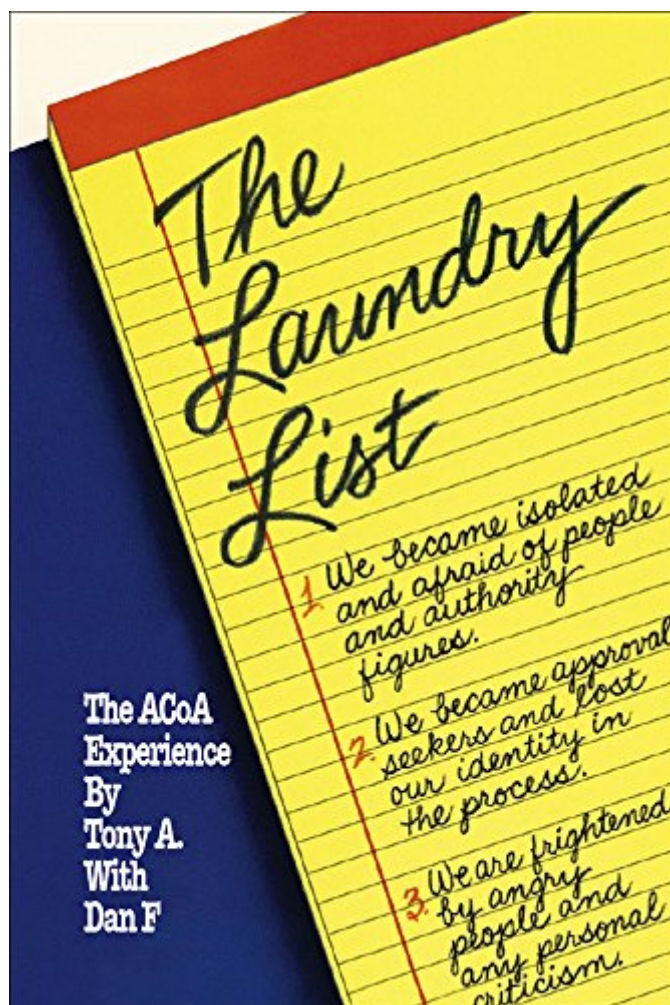


The book was found

The Laundry List: The ACoA Experience



Synopsis

If you were brought up in a family crippled with alcoholism, this book is for you. Tony A., the co-founder of the ACoA movement and originator of the "Laundry List," gives you an insider's view of what it means to be an adult child of an alcoholic and what this worldwide recovery movement offers its members.

Book Information

File Size: 638 KB

Print Length: 146 pages

Publication Date: June 24, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00LA8KK8S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #143,671 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #26

inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #52 inÃ Â Books > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #74 inÃ Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Counseling & Psychology > Mental Health > Codependency

Customer Reviews

Helpful book. Painful book. I wouldn't say "I love it." However, it does deserve five stars.

I'm so happy that this book is now available at a reasonable price on Kindle. To give you a taste, here are the first few of Tony A's steps:1. We admitted we were powerless over the effects of living with alcoholism and that our lives had become unmanageable.2. We came to believe that a power greater than ourselves could bring us clarity.3. We made a decision to practice self-love and to trust in a Higher Power of our understanding.4. We made a searching and blameless inventory of our parents because, in essence, we had become them.5. We admitted to our Higher Power, to

ourselves and to another human being the exact nature of our childhood abandonment.⁶ We were entirely ready to begin the healing process with the aid of our Higher Power....

I'd heard a bit of Tony A's story from the history in the beginning chapters of ACA's "Big Red Book." This book gives more intimacy and detail as well as different aspects and perspectives on recovery. One suggestion is about one's perspective of one's home group, and excellent suggested guidelines for journaling. Just finished the read---now time to re-read!

After decades of therapy, I found ACA and it has changed my life in less than a year. This book is a great asset along with the Big Red Book of ACA and their yellow 12-Step Workbook.

I really liked this book. I think it helped me understand myself more and helped my ACA journey

I loved this book. It showed me a lot about myself and my family. It also gave me some thinking to do and hopefully a new way to live.

love this book

Helpful clarification on expansion of the Laundry List to help in its application.

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

The Laundry List: The ACoA Experience DIY Laundry Detergent, Softener, and Stain Remover Recipes: Homemade DIY Natural Laundry Detergent, Softener, and Stain Remover Recipes To Help You Save ... and Gardening With Sarah Knight Book 4) To Do List - White Polka Dot Daily Task List: (6x9) To-Do List, 60 Pages, Smooth Matte Cover LUCAS DAVENPORT / PREY SERIES READING LIST WITH SUMMARIES AND CHECKLIST FOR YOUR KINDLE: JOHN SANDFORD
LUCAS DAVENPORT PREY NOVELS READING LIST WITH ... - UPDATED IN 2017 (Ultimate Reading List) LISA GARDNER CHECKLIST SUMMARIES - D.D. WARREN, STANDALONE NOVELS, ALL OTHER SERIES LIST - UPDATED 2017: READING LIST, READER CHECKLIST FOR ALL LISA GARDNER FICTION (Ultimate Reading List Book 32) The Long List Anthology: More Stories From the Hugo Award Nomination List (The Long List Anthology Series Book 1) The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love The ACOA Trauma Syndrome: The Impact of Childhood Pain on Adult Relationships ACOA Trauma Syndrome: The Impact of Childhood Pain on Adult Relationships TO

DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Titanium White): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Rose Gold): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Wall Street Gray): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Jet Black): Daily Planner TO DO LIST IN A BOOK - Best To Do List to Increase Your Productivity and Prioritize Your Tasks More Effectively - Non Dated / Undated - 5.5" x 8.5" (Magnate Red): Daily Planner Dropship & Wholesale Suppliers: Vendors Master List: Hundreds of Links Categorized and Updated Dropshipping List The Film Buff's Bucket List: The 50 Movies of the 2000s to See Before You Die (Bucket List 101) Kovels' Depression Glass & Dinnerware Price List, 7th Edition (Kovel's Depression Glass and Dinnerware Price List) LOUISE PENNY READING LIST WITH SUMMARIES AND CHECKLIST : INCLUDES SUMMARIES FOR INSPECTOR GAMACHE SERIES UPDATED IN 2017 (Ultimate Reading List Book 10) World List of Universities, 25th Edition: And Other Institutions of Higher Education (World List of Universities & Other Institutions of Higher Education) James Patterson Private Series Reading List With Summaries and Checklist for your Kindle: JAMES PATTERSON PRIVATE SERIES WITH SUMMARIES - UPDATED 2017 (Ultimate Reading List Book 14)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)