



I Can Be Me: A Helping Book for Children of Alcoholic Parents

By Ed. D Dianne S. O'Connor

AuthorHouse. Paperback. Book Condition: New. Paperback. 184 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. Excellent and much needed; it offers children hope and a sense of control. -Kathleen Michael, M. H. S. S., Therapist and Consultant, Toronto, Ontario

Has drug or alcohol abuse in your family caused your child to become withdrawn or to act out? Is addiction in a family member contributing to upset and stress in your child? Do you want to help your child understand the problem and communicate about his/her feelings? Do you want to help your child develop healthier coping strategies?

I Can Be Me is a helping book for professionals and parents who want to help children of alcoholic parents. Written for children ages 4 to 12, it can be read by a child alone or worked through with a caring adult. Simple line drawings and text speak to children in a language they understand and are based on the real experiences of children with addicted parents. Written from the perspective of children whose parents are addicted to alcohol and various other drugs, this book helps children take off the masks that hide their true feelings and educates them about alcohol or drug abuse...



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Reviews

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