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It's Not About You, Except When It Is: A Field Manual For Parents of Addicted Children

Barbara Victoria

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Based on the author's own experience as a parent with an addicted child, she provides straight-talking self-preservation tools and techniques for parents of addicts in and out of recovery. An essential book to help parents navigate this confusing and uncharted landscape—in the author's words, "Planet Paradox."

Barbara Victoria is a parent who struggled with her own child's addiction. She has been active in Al-Anon for many years.

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