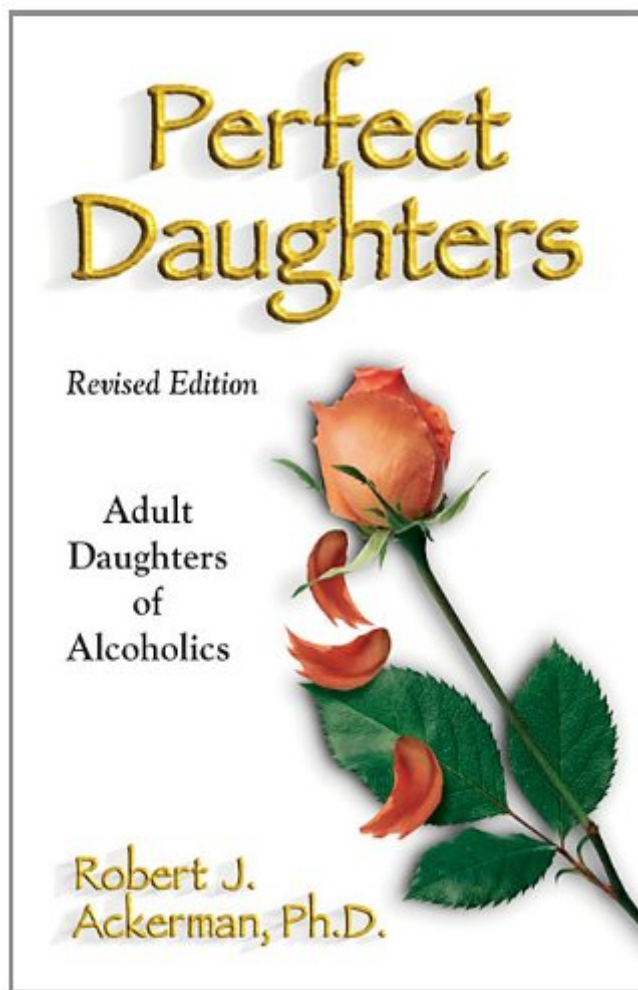


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# Perfect Daughters (Revised Edition): Adult Daughters Of Alcoholics



## Synopsis

This new edition of *Perfect Daughters*, a pivotal book in the ACoA movement, identifies what differentiates the adult daughters of alcoholics from other women. When this groundbreaking book first appeared over ten years ago, Dr. Ackerman identified behavior patterns shared by daughters of alcoholics. Adult daughters of alcoholics-"perfect daughters"-operate from a base of harsh and limiting views of themselves and the world. Having learned that they must function perfectly in order to avoid unpleasant situations, these women often assume responsibility for the failures of others. They are drawn to chemically dependent men and are more likely to become addicted themselves. More than just a text that identifies these behavior patterns, this book collects the thoughts, feelings and experiences of twelve hundred perfect daughters, offering readers an opportunity to explore their own life's dynamics and thereby heal and grow. This edition contains updated information throughout the text, and completely new material, including chapters on eating disorders and abuse letters from perfect daughters in various stages of recovery, and helpful, affirming suggestions from Dr. Ackerman at the end of every chapter. This book is essential for every one who found validation, hope, courage and support in the pages of the original *Perfect Daughters*, as well as new readers and every therapist who confronts these issues. Also includes: a comprehensive reference section and complete index.

## Book Information

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## Customer Reviews

I got this as suggestion by friend. It's great to relate to others who are ACA daughters as myself but I feel the author is referring too much to the 1980s and before rather than new evidence that has come out that is really helpful. Glad this book exists for those who need it.

I have been having a lot of the issues that other ACOAs go through. I have a tendency towards perfectionism, sometimes to the point of not even starting something, because I know that I won't be perfect at it. This book, while interesting to read, wasn't enlightening. I didn't really learn anything from it that I hadn't learned from other more informative ACOA books, and I felt that it didn't fit me and my issues. It also seemed very generalized, for a book specialized towards "perfect daughters" It covered a wide range of personality types, and the ways that a daughter of an alcoholic learns to cope, just not what I 'thought' a perfect daughter was. It would be a great book for those just beginning to explore this subject, and could probably give some a feeling of not being alone in their pain.

Not really what I was looking for as far as reading material. It's more of a collection of patient situations from years of therapy sessions. Read the excerpts before you purchase just to be sure it's what you want.

It was hard to see myself written on pages, which lead to a lot of tears and a lot of forgotten memories. BUT it was a breath of fresh air to know I wasn't alone. For my own sanity I read pieces at a time and took a slow pace. But this book helped me see the beauty of the "Curse" that was bestowed on me, and learn to use it to my strengths. I loved how it explained how people may react to your recovery process which was something I myself was struggling with. I would recommend this book to any daughter of an Alcoholic.

It wasn't the book for me. All it did was explain about things I already understood, and trying to give me comfort in the idea that other people experience similar things. That doesn't help me get over

the issues that developed in my childhood. To each their own though.

This book was so helpful in discovering who I am as result of childhood and how it affects my decision-making and my behaviors. Awesome book!!! I highly recommend this book. It's empowering and I will definitely refer to this again on my healing journey. I have to say that the Audible edition isn't the best narrator... a little creepy at times and very dramatic LOL!!! Yet, I loved the book!!!

Throughout my whole life I felt excluded, lost, confused, and a stranger to myself. After recently looking for help I was told to read a book about adult children. Throughout reading this book I've started to better understand myself, my path, my past, and hope for the future. I highly recommend this book!

I felt like the author has been following me around for the best 30 years and then decided to write a book about me. I have read and re-read so many pages. I've been working towards recovery for a year now and this book is now my bible for my continued journey.

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