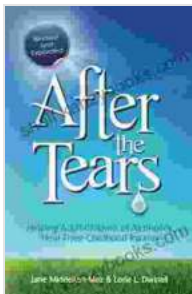


# Helping Adult Children of Alcoholics Heal Their Childhood Trauma

If you are an adult child of an alcoholic, you may be struggling with the lasting effects of your childhood trauma. This book offers hope and healing.



## After the Tears: Helping Adult Children of Alcoholics Heal Their Childhood Trauma by Jane Middleton-Moz

★★★★☆ 4.7 out of 5

Language : English  
File size : 2170 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 302 pages  
Screen Reader : Supported



In this book, you will learn about:

- The impact of alcoholism on children
- The different types of childhood trauma
- The symptoms of childhood trauma in adults
- The different types of therapy for childhood trauma
- How to cope with the challenges of recovery

This book is written by a therapist who has worked with hundreds of adult children of alcoholics. She understands the unique challenges that you

face, and she offers compassionate and practical advice for healing.

If you are ready to heal from your childhood trauma, this book is for you.

### **Free Download your copy today!**

This book is available in paperback and ebook formats. You can Free Download your copy from Our Book Library, Barnes & Noble, or your local bookstore.

If you are struggling with the effects of childhood trauma, please know that you are not alone. There is hope and healing available. This book can help you on your journey to recovery.

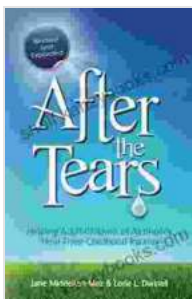


This book is for you if:

- You grew up in a home with an alcoholic parent
- You experienced childhood trauma
- You are struggling with the effects of childhood trauma in adulthood
- You are ready to heal from your childhood trauma

This book offers hope and healing for adult children of alcoholics who are struggling with the lasting effects of their childhood trauma.

Free Download your copy today and start your journey to recovery.



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