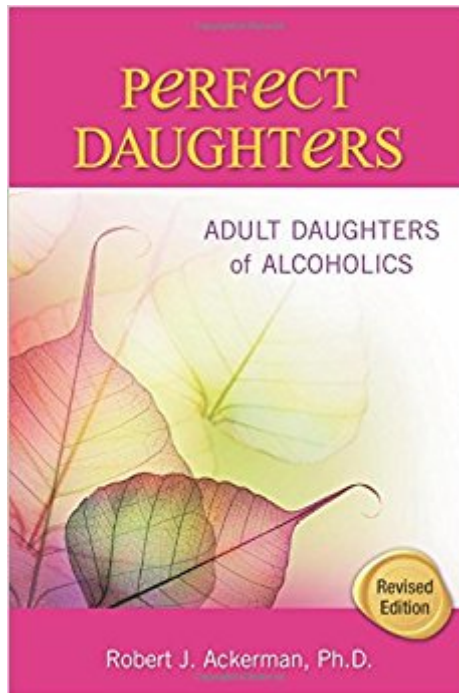


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# Perfect Daughters: Adult Daughters Of Alcoholics



## 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

Paperback: 334 pages

Publisher: HCI; Revised ed. edition (July 1, 2002)

Language: English

ISBN-10: 1558749527

ISBN-13: 978-1558749528

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (106 customer reviews)

Best Sellers Rank: #17,941 in Books (See Top 100 in Books) [#4 in Books > Health, Fitness & Dieting > Addiction & Recovery > Adult Children of Alcoholics](#) [#26 in Books > Health, Fitness & Dieting > Mental Health > Codependency](#) [#57 in Books > Health, Fitness & Dieting > Addiction & Recovery > Alcoholism](#)

## Customer Reviews

I've read many books on children of alcoholics. Don't be fooled by my four stars--I'm a harsh critic.

In the various readings I've done, Dr. Ackerman combines the best of it all in his book--you'll find profiles of daughters so you can identify your own daughter role, descriptions of the holistic process of recovery, and inspiring words. My favorite tidbit in his book is the poem which begins, "After a while you learn the subtle difference between holding a hand and chaining a soul." If you're in the early stages of coping with the alcoholism of a parent, this book is for you! Although I am much younger than she, I recently mailed this book to my older sister. She is finally ready to come to terms with the disease and to let go of some of her anger. Mothers, it can be a wonderful gift to your daughters! I received it from my mother, and I've passed it on. Does "pass it on" sound familiar? Let the healing begin!

I am a child of an alcoholic Mother. I try very hard to avoid books that talk about adult children of Alcoholics because they usually make things sound very over technical and impersonal. I am not a very emotional person and I know the decisions I make in my life are because of my families alcoholic issues. However, this was a book that was not very hard to read and I would highly recommend it. After reading the very first story and bawling my eyes out about that little family princess who never understood and was always trying to make it okay, I knew the book was for me to read. That's ME!!! That's ME!!! I kept saying over and over. Ironically I highlighted every sentence and passage that had to do with my childhood and feelings in the book and I believe I ended up with 90% of it highlighted. I couldn't help to think that someone had a hidden journal on my heart and feelings growing up. If only that person had stepped in when I was young what a difference it would have made. I HIGHLY RECOMMEND THIS BOOK!!!

While my family was not one of staggering drunks and physical or overt verbal abuse, this book sheds light on why I feel the way that I do! It's easy to get turned off at first by the overt drunks experiences of many of the people's stories presented here if you yourself didn't experience that. The MOST valuable part of the book is a look at different personality traits that you may have developed during your not-so-normal childhood. This book points out the positive things that ACoA's have learned from their experiences and how to use those to our greatest advantage, while understanding and working on some of the traits we developed that are not useful to us as adults. I highly recommend this book - and that you read it several times!

This book really hit home. I have read many books for children of alcoholics, but I feel this one was written right for me. It was so wonderful to know that others share some of my feelings and had

similar experiences. I sent the book to my two sisters.

Not an easy book to be read but full of humanity, awareness and insight brought by all the personal experiences. I would highly recommend this reading not only to daughters of alcoholics and dysfunctional families but to everybody who wants to take her life in her hands.

Excellent reading for women brought up in an alcoholic home or for those around her who want to understand her situation. It was enlightening, humorous and easy to read.

Having recently come to understand the role of my alcoholic parents' habits in my development as an adult, I have been seeking every possible source for information and strategies for dealing with my own behavior problems. I have found some wonderful sources -- Janet Woititz' books, for example. I had high hopes for this book, Perfect Daughters since I am such a freak but what I got was a book written in large print, at a level merely approaching 6th grade, that is 40% this man's clients' letters. His analysis is facile and offers nothing new. Yes, we all feel this way; yes we all share certain qualities, but anyone who's done only minimal research will discover this very soon. This book offers nothing new. I feel ripped off by the book's "promises", insulted by the writers' tone and plethora of marginally relevant quotations clearly pasted from quotes.com. Don't buy this book; check it out of the library and get what good you can from it. There is some there, but not \$10 worth.

I bought this book through a suggestion from a co-worker. When I received it at work in the mail, I opened the cover, checked out the chapters and turned to one in particular. I read only half the page and broke down crying. The truth is written in these pages. I have given a copy of this book to my sister. I recommend that if you are an adult daughter of an alcoholic parent, that you read this book. It ISN'T your fault, you are a valuable human being and it's about time that YOU take charge of your life. Get strong, face the truth, conquer your fears, find peace within yourself. No one says it's not going to hurt. Facing ourselves is the hardest part. Getting well is the reward. I can let go of the past and learn from it or I could go on holding a grudge. Good-bye Mom, sorry you were so sick from alcoholism. Hello new life, I am reborn. I am a wonderful human being. Thanks to this book I can say these things. It will take time to heal, but I have a new start because my eyes have been opened and I don't want to make the choices I've made in the past. I don't have to make those choices anymore, I am set free from the truth of my "brainwashing" of childhood.

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