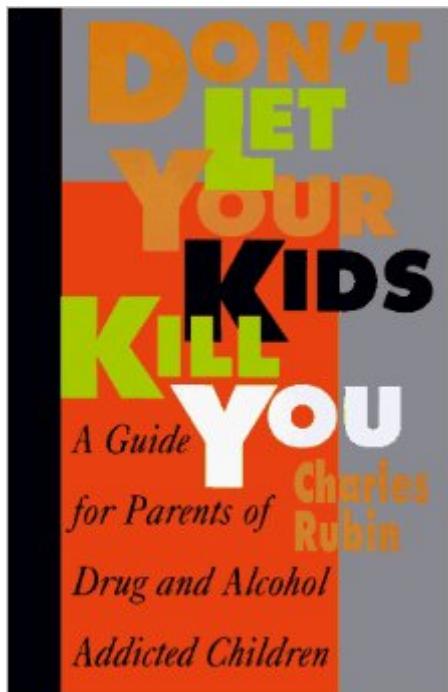


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# Don't Let Your Kids Kill You: A Guide For Parents Of Drug And Alcohol Addicted Children



## **Synopsis**

This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse. It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it. The book relies on spiritual but practical teachings and the message is for parents to attain a healthy balance in their lives through the letting go process. While showing parents how to safely distance themselves from the child's destructive patterns, it also shows how to recognize and support healthy requests for real help, if and when they come. It includes anecdotes and quotes from parents who have had to cope with kids on drugs and/or alcohol.

## **Book Information**

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## **Customer Reviews**

After reading every self-help and psychology book known to man, desperately searching for answers, trying to find some new \*miracle\* that might help me \*cure\* my addicted daughters, I picked up this book. I made it through the first two chapters and had to stop and allow the tears to flow freely. Finally, someone understood what I had been feeling for ten years in dealing with the anguish, the shame, the denial, and the fear. The author is not a doctor, he is not a counselor, he is just a parent who has endured the most heart-breaking ordeal a parent can go through. ... This book offers no miracle to cure your addicted children, but it can help you to begin to help yourself. Thank you, Mr. Rubin, for sharing your story with the rest of us who are in pain and want our lives back.

Let me start by saying I do not like self help books. This book is the one book I have recommended highly through my ordeal with a drug dependent child. This is a man who has been there and learned the hard way (as most of us do) how to take care of himself and the rest of his family while still loving your child. He reminds us that when a child is high on drugs, you are not having a conversation with your child, you are having a conversation with the drug. Please read this book and highlight the passages you need when your child is conning you and making you feel guilty.

"Don't Let Your Kids Kill You" is not written by a psychologist or a therapist. It is written by an ordinary parent who watched in horror as his two children were swept away by the insidious and powerful tide of drug abuse. As any parent knows who has an alcholic or drug addicted teenager, the overwhelming feeling of helplessness can drive you to despair. This book clearly defines both your parental responsibility and your limits. It teaches you to "let go and let God"--one of the basic tenets of such support groups as Al-anon and Tough Love. If you are frightened and confused by the self-destructive behavior of one of your children, if you do not know where to turn for help, read this book. It just may be the first step back to a sane life in which you reassert your right to a happy and fulfilling existence even if your child continues to pursue the road to hell.

Finally a book that recognizes that not all children that become drug addicted came from abusive and bad families. This book addresses the parents that have loved and adored their children from birth. In fact, it addresses the parents that thought they did it all right. Loving, supportive environments were provided. And when the trouble begins (school calling, police involved) the parent who is bailing their kid out of trouble, but can never seem to fix them. Things only get worse. This book tells you why you can NEVER fix your kids. Thank you for this book. My heart is broken, my pocketbook is broken, but I can finally stop. I finally understand what I CAN do and should do. Thanks.

This book was very helpful in dealing with an adolescent who is addicted to drugs and alcohol. It makes you realize that you are not alone, and the choices you must make are hard, but they are needed. Prior to reading this book I was already following some of the advice, but I was getting negative feedback from some members of my family. This book helped me realize that I was doing the right thing, and unless you are a parent in this situation, you can't understand what it really is like. There is excellent advice, and support in this book. I would highly recommend it for anyone who

is suffering from an addicted child, or even someone who is suspecting addiction. You will definately not feel alone in your situation.

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