

# [PDF] Recovery: A Guide For Adult Children Of Alcoholics

Herbert L. Gravitz, Julie D. Bowden - pdf download free book

---

## Books Details:

Title: Recovery: A Guide for Adult C

Author: Herbert L. Gravitz, Julie D.

Released: 1987-09-15

Language:

Pages: 144

ISBN: 0671645285

ISBN13: 978-0671645281

ASIN: 0671645285



[\*\*CLICK HERE FOR DOWNLOAD\*\*](#)

---

pdf, mobi, epub, azw, kindle

## Description:

**Review** *Awareness* If you only read one book on adult children of alcoholics this year, make this the one.

Timmen L. Cermak, M.D. President, Notional Association for Adult Children of Alcoholics Gravitz and Bowden provide the first practical guide for adult children of alcoholics. Their creative description of the stages of recovery is especially useful. At lost there is a rationale for deciding what issues and what treatment services ore most relevant to each individual. Adult children of alcoholics will feel they have mode two new friends by the time they have finished this very readable

book.

Robert J. Ackerman, Ph.D. *Children of Alcoholics* Dr. Gravitz and Ms. Bowden have definitely filled a much needed area for adult children of alcoholics in their new book. This is the first book that attempts to answer many of the 'silent' questions of the millions of adult children of alcoholics in our society. Their years of experience, perceptions and sensitivities are obvious in this well-thought-out book.

**About the Author Herbert L. Gravitz, Ph.D.,** is a Clinical Psychologist in Santa Barbara, California. He is a founding Board Member of the National Association for Children of Alcoholics (NACOA), and currently serves on the Advisory Board. He was Executive Editor of "The Network," a publication of NACOA and authored the *Children of Alcoholics Handbook*.

Julie D. Bowden, M.S., is a Marriage, Family, and Child Psychotherapist in private practice in Santa Barbara, California. She developed the first Alcohol/Drug Awareness Program for the University of California system and has consulted on both inpatient and outpatient recovery programs. She is a founding Board Member of the National Association for Children of Alcoholics (NACOA), and its first treasurer. She currently serves on the Advisory Board. She is the adult child of an alcoholic.

Together, they conduct recovery retreats, individual and group psychotherapy, and educational seminars for adult children of alcoholics as well as other adult children of trauma and the professionals who serve them. They began the University of California's first therapy group specifically for adult children of alcoholics. They have authored numerous articles and are coauthors of an upcoming book, *Genesis: The Spiritual Dimension of Recovery for Children of Alcoholics and Other Children of Trauma*.

- 
- Title: Recovery: A Guide for Adult Children of Alcoholics
  - Author: Herbert L. Gravitz, Julie D. Bowden
  - Released: 1987-09-15
  - Language:
  - Pages: 144
  - ISBN: 0671645285
  - ISBN13: 978-0671645281
  - ASIN: 0671645285

