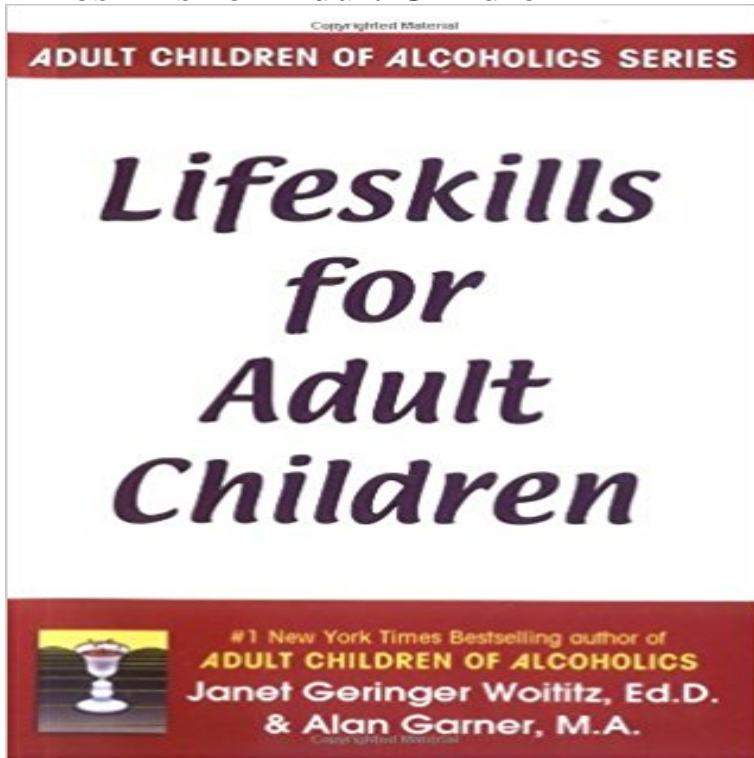


Lifeskills for Adult Children



From the author of the New York Times bestseller *Adult Children of Alcoholics* -- a wonderful book that affirms and encourages AcoAs by developing skills for living. Imagine how good you would feel if: You could stand up for yourself without losing your temper You could make a decision without second guessing yourself You didnt have that sense of worthlessness every time someone criticized you You could learn how to say no and stick with it In *Lifeskills for Adult Children* you can learn how to do these things and more. This book is designed specifically for Adult Children and teaches skills to make your complex adult life easier, while improving your sense of self-worth. Examples are provided to help clarify the lessons and exercises are given to help you practice your new skills. So, if you have difficulty:
 Asking for what you want
 Solving problems
 Handling criticism
 Saying no
 read *Lifeskills for Adult Children* - youll be glad you did.

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