

Reading list

- Guide to Recovery A Book for Adult Children of Alcoholics by Herbert L. Gravitz, Julie D.Bowden
- It will Never Happen to Me by Claudia Black
- How to Cope with an Alcoholic Parent by Judith Seixas
- Daily Affirmations for Children of Alcoholics, Rockelle Lerner
- Children of Alcoholics: A survivor's Manual by Judith Seixas & Geraldine Youcha
- Growing in the Shadow: Children of Alcoholics by Robert J Ackerman (Editor)
- Adult Children of Alcoholics by Janet G Woititz
- The Language of Letting Go by Melody Beattie
- Healing the Shame That Binds You by John Bradshaw
- Second Best. My Dad and me: An incredibly honest & brave account of life with his famous father, footballing legend George Best by Calum Best
- Will You Catch Me?: A young girl cares for her alcoholic mother by Jane Elson
- Children Of Alcoholics: How a Parent's Drinking Can Affect Your Life by David Stafford
- Notes to Self: Essays by Emilie Pine
- The ACOA Trauma Syndrome by Tian Dayton

