



## Lifeskills for Adult Children

*Janet G. Woitz, Alan Garner*

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# Lifeskills for Adult Children

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## **Lifeskills for Adult Children** Janet G. Woititz, Alan Garner

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 didn't 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* - you'll be glad you did.

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