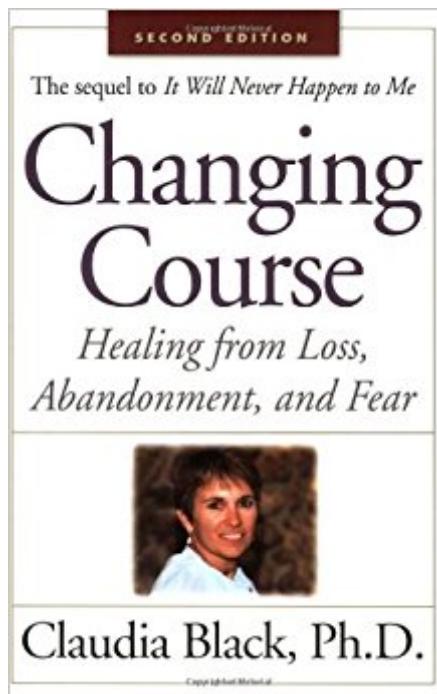


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# Changing Course: Healing From Loss, Abandonment And Fear



## **Synopsis**

In *Changing Course*, Claudia Black extends a helping hand to individuals working their way through the painful experience of being raised with addiction. In *Changing Course*, the best-selling sequel to *It Will Never Happen to Me*, Claudia Black extends a helping hand to individuals working their way through the painful experience of being raised with addiction. "How do you go from living according to the rules--Don't Talk, Don't Trust, Don't Feel--to a life where you are free to talk and trust and feel?" Black asks. "You do this through a process that teaches you to go to the source of those rules, to question them, and to create new rules of your own," she explains. Using charts, exercises, checklists, and real-life stories of adult children of alcoholics, Black carefully and expertly guides readers in healing from the fear, shame, and chaos of addiction. Key features and benefits: proven seller by a trusted recovery author presents a clearly articulated process for healing excellent self-help resource for overcoming the experience of abandonment

## **Book Information**

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## **Customer Reviews**

When I wrote *It Will Never Happen To Me* in the early 1980's it was a major revelation for those raised with addiction. It would become the framework for understanding what it means to grow up in fear and shame and it would give a voice to those who lived in silence. It broke not only a family Don't Talk rule, it broke the cultural rule of Silence. While I have written other books, *Changing Course* is the true sequel to *It Will Never Happen To Me*. --This text refers to an alternate Paperback edition.

Claudia A. Black, MSW, PhD, is a renowned lecturer, author and trainer internationally recognized for both her pioneering and contemporary work with family systems and addictive disorders. She designs and presents workshops and seminars, authors books and interactive journals, produces educational videos and consults to various healthcare programs in the United States and abroad. Dr. Black is currently the Clinical Consultant of Addictive Disorders for The Meadows and a Senior Fellow for the Meadows Institute in Wickenburg, Arizona. Dr. Black is the recipient of a number of National awards including the Marty Mann Award, the 1991 SECAD Award, and the NCA's Educator of the Year. She is also the past Chairperson of the National Association for Children of Alcoholics, presently serving on their Advisory Board and most recently, in celebration of Al-Anon's 50th anniversary, spoke on Capitol Hill to members of Congress, constituents and representatives of various addiction and treatment organization. Black's books generate wide appeal. She is the author of *It Will Never Happen To Me* (two million copies sold and now in its 2nd updated edition), *Changing Course, My Dad Loves Me, My Dad Has A Disease, Repeat After Me II, It's Never Too Late To Have A Happy Childhood, The Anger Guide, Relapse Toolkit* and her latest release, *A Hole in the Sidewalk*. Claudia has produced eighteen videos including her two latest, *The History of Addiction and The Legacy of Addiction* and just released two new CDs, *A Time for Healing from Abandonment and Shame and Putting the Past Behind*.

I bought this on a recommendation from my therapist, who told me that Claudia Black was an excellent writer and covered issues related to codependence well. Although I have not yet finished the book I am so far engrossed in the reading and find that I would recommend this to not only anyone who struggles with abandonment issues but also those working professionally in mental health. It is a great place to start if you want a thorough introduction to the topic, and I feel that it has helped me personally thus far.

wow, really validated a lot of things for me - I love this book!!

Excellent book.

A must read book for anyone who wants to overcome pain, loss, abuse.

I am half way through Claudia ,s book and it is really helpful .I was born into a family with Alcohol issues and can now see I have Abandonment issue also .The book is helpful not only for me but

also for my family. Another hugh step in my life many thanks Alicia

Very good information. Detailed explanations of issues regarding loss, abandonment, and fear. The author also gives ways to cope and begin or continue the healing process for each of these issues. I have not read another book that gives this kind of useful information.

The author really has an excellent grasp of the dynamics of a dysfunctional family. She not only helps you to see how your childhood defenses helped you to survive in your family of origin, but she shows you how to heal from the wounds that were created thereby not repeating the same patterns. I highly recommend this book if you came from a dysfunctional family and want to understand what happened.

This book shows enormous insight and is very well written, easily understood and well-organized. It is definitely a keeper, a book to be reviewed again and again. The kindle version has charts that are impossible to read even when enlarged, for me. So I've bought a used paperback as well to use as a workbook. I can't wait to read the other books by this author. She is real McCoy. Among many many books I have read on this subject, this may be the best.

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