



# **Acoa's Guide to Raising Healthy Children: A Parenting Handbook for the Adult Children of Alcoholics**

*William Brines, James Mastrich*

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Parenting is a difficult task for anyone. For the adult children of alcoholics, it can be next to impossible. But now ACOAs have their own child-raising guide. Dr. Mastrich shows readers how to end the cycle of alcoholism by being a confident parent.

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