



The ACOA Trauma Syndrome: the Impact of Childhood Pain on Adult Relationships (Paperback)

By Tian Dayton

HEALTH COMMUNICATIONS, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Growing up in a home where there is addiction or relationship trauma puts a child at great risk for long-term, post-traumatic stress effects that adversely compromise adult relationships. Bestselling author, psychologist, and psychodramatist Tian Dayton examines this trauma through an exploration of the way the brain and body process frightening or painful emotions and experiences in childhood, and she shows how these traumas can become catalysts for unhealthy, self-medicating behaviors including drug and alcohol abuse, food issues, and sex, gambling, and shopping addictions. Through Dr. Dayton's insightful analysis and thoughtful examination, Adult Children of Alcoholics will learn how and why the pain they experienced in childhood plays out in their adult partnering and parenting, and they will learn how to restore health and happiness through their resilience.



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Reviews

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-- **Mandy Larson**

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