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(although the big one is useful for the extra information about background, setting up meetings, and the traditions which are pretty much ...

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This is the workbook put together by the founding members of the 12-Step program Adult Children of Alcoholics (ACA) to help a person work the Steps and change any patterns he/she is experiencing in adult life that are related to growing up in a home where the grownups weren't able to meet the kids' needs for love, security, trust, and role models, for whatever reasons.

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Literature | Adult Children of Alcoholics & Dysfunctional ...

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