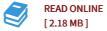


Sober Siblings: How to Help Your Alcoholic Brother or Sister-and Not Lose Yourself

By Patricia Olsen, Petros Levounis

The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Sober Siblings: How to Help Your Alcoholic Brother or Sister-and Not Lose Yourself, Patricia Olsen, Petros Levounis, In the vein of Adult Children of Alcoholics comes the first book geared specifically to the siblings of alcoholics. Patricia Olsen, sister of two alcoholic brothers, shares her personal experiences along with interviews with other sober siblings, while Petros Levounis, M.D., the director of The Addiction Institute of New York and chief of addiction psychology at St. Luke's and Roosevelt Hospitals in New York City, offers expert advice. Whether the alcoholic is in recovery or relapsed, in AA or therapy, Sober Siblings helps brothers and sisters gain greater awareness of their own situation, offering practical wisdom and suggestions on: feelings of shame, frustration, hopelessness, and anger; the difference between helping and enabling; setting boundaries; the nature of alcoholism; coaddictions; and how to help your sibling while not losing yourself.



Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch