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Al-Anon was very helpful, a significant part of my healing. It was in 1978 that the name emerged: Adult Children of Alcoholics. the ACA "big book" was published followed by a Twelve Step workbook the following year.

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Adult children of alcoholics: A workbook for healing. San Francisco: Harper & Row. McConnell, P. (1986). A workbook for healing: Adult children of alcoholics.

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