



## Adult Children Secrets of Dysfunctional Families: The Secrets of Dysfunctional Families

By John C. Friel Ph.D., Linda D. Friel M.A.

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It is estimated that as many as 34 million people grew up in alcoholic homes. But what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one?

Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, John and Linda Friel provide a readable explanation of what happened to us and how we can rectify it.

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**Adult Children Secrets of Dysfunctional Families: The Secrets of Dysfunctional Families** By John C. Friel Ph.D., Linda D. Friel M.A. **Bibliography**

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### **Editorial Review**

#### About the Author

John C. Friel is a psychologist in private practice and is director of the St. Paul/Minneapolis Lifeworks Clinic, an intense short-term treatment program for Adult Children, Co-dependency, Addiction and compulsivity issues.

Linda D. Friel is a Certified chemical Dependency Practitioner and has designed and implemented a hospital-based co-dependency treatment program. She currently specializes in therapy for Adult Children, Co-dependency issues and for Survivors of Physical, Sexual and Emotional Abuse.

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