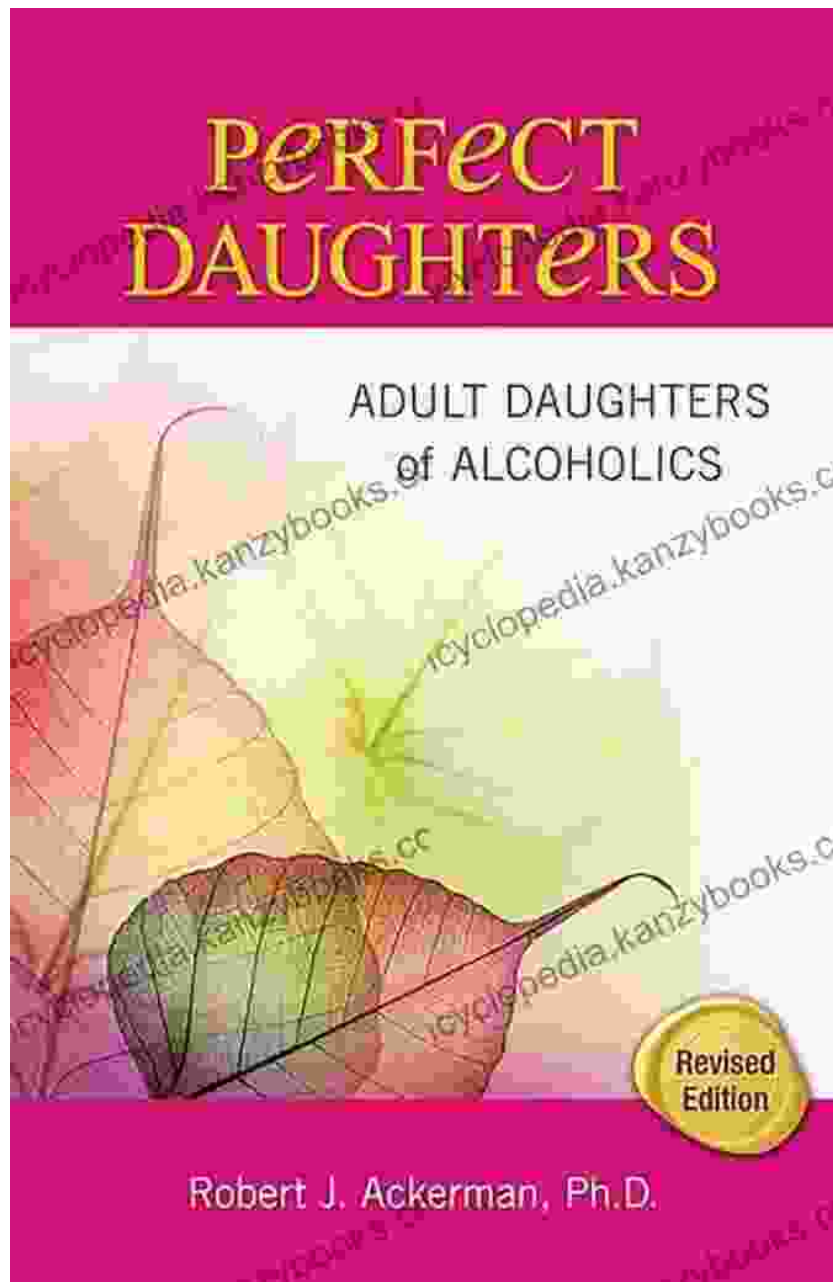


Perfect Daughters: Adult Daughters of Alcoholics

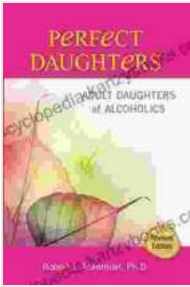


Perfect Daughters: Adult Daughters of Alcoholics

by Robert J. Ackerman

★★★★☆ 4.6 out of 5

Language : English



File size	: 2277 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 336 pages



Perfect Daughters: Adult Daughters of Alcoholics is a memoir by Hope Edelman that explores the complex and often hidden world of adult children of alcoholics. Edelman writes about her own experiences growing up with an alcoholic father and the ways in which his addiction affected her life. She also interviews other adult children of alcoholics, and their stories provide a powerful and moving account of the challenges and triumphs of living with this often invisible disease.

Edelman's memoir is both personal and universal. She writes with honesty and vulnerability about her own experiences, but her story is also one that will resonate with anyone who has been affected by alcoholism. She explores the ways in which alcoholism can damage relationships, self-esteem, and even physical health. She also shows how adult children of alcoholics can break the cycle of addiction and find healing and recovery.

Perfect Daughters is an important and groundbreaking book. It is a must-read for anyone who has been affected by alcoholism, and it is also a valuable resource for therapists and other professionals who work with this population.

About the Author

Hope Edelman is an American author and speaker. She is best known for her memoir, *Perfect Daughters: Adult Daughters of Alcoholics*, which was published in 1992. Edelman has also written two other books, *Motherless Daughters: The Legacy of Loss* and *A World Without Cancer: The Story of a Miracle Cure*.

Edelman is a graduate of Smith College and the University of Iowa Writers' Workshop. She has taught creative writing at the University of Iowa, the University of Pittsburgh, and Carnegie Mellon University. She is currently a professor of English at the University of California, Berkeley.

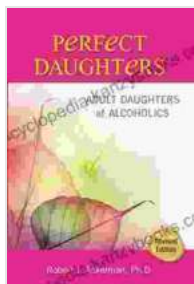
Edelman is a passionate advocate for adult children of alcoholics. She has spoken out about the issue on numerous occasions, and she has worked to raise awareness of the challenges that these individuals face. She is also the founder of the Hope Edelman Foundation, which provides support and resources to adult children of alcoholics.

Reviews

"Perfect Daughters is a powerful and moving memoir that will resonate with anyone who has been affected by alcoholism. Edelman writes with honesty and vulnerability about her own experiences, but her story is also one that will resonate with anyone who has been affected by this often invisible disease." - The New York Times

"A must-read for anyone who has been affected by alcoholism, and it is also a valuable resource for therapists and other professionals who work with this population." - The Boston Globe

"A groundbreaking book that will help to break the silence and stigma surrounding alcoholism." - The Washington Post

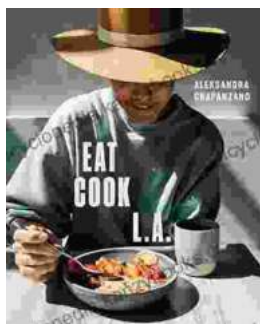


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