



# **Growing Up In Alcoholism, Violence & Dysfunction: Listening To My Inner Child**

*Michael Williams*

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**Growing Up In Alcoholism, Violence & Dysfunction: Listening To My Inner Child** Michael Williams  
VISION IMPAIRED EDITION - 16 POINT FONT: PAPERBACK This Book is the 2nd Edition of "Earning My Parents' Love: Trying to Grow Up In Alcoholism, Violence & Dysfunction." There is a new rear cover, preface, title, sub title, updated author photo, & other changes that more effectively communicate the essence of the adult child story. We get to hear the inner child in its uncensored form. Rarely is the story of adult children of alcoholics told from the child's point of view. Yet, it is the inner child who suffers the most enduring consequences. The heart and mind of a child speaks fluently in this book. The story provides concern and empathy for the endurance of childhood suffering. A childhood of dysfunction, violence and/or alcoholism is the experience of the unworthiness of a child. Until the child is at least minimally listened to, and understood all else is a repeat of the same dysfunctional childhood because once again no one is attending to the inner child's needs to be heard. The story mirrors our collective experiences of childhood suffering. Defense mechanisms formed in childhood continue throughout an adult-child's life and left untreated tend to worsen. This book makes the reader cry however it also makes the reader laugh. It allows the reader to feel, and feelings were denied to most children in alcoholic situations. The beginnings of co-dependence are in the struggle of the child unceasingly attempting to earn the approval of parents or caregivers rarely emotionally available. The author grew up in a home of alcoholism, violence, and dysfunction; yet, had no idea this experience created its own evolving trauma. Trauma separates the spirit of the inner child from itself. This story is the birth of the reunification of the mind, heart, and spirit of our inner child. Additionally, there is the "Work Book for Growing Up In Alcoholism, Violence & Dysfunction: Wakening and Listening To Our Inner Child" which is a companion guide to this book. It provides an opportunity to listen to our inner child in kindness, understanding, and acceptance through a series of exercises similar to journaling. It is the development of self-compassion, and the beginnings of healing.



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