



Rewriting Life Scripts: Transformational Recovery for Families of Addicts (Life Scripts Recovery)

Liliane Desjardins, Nancy Oelklaus, Irene Watson

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Finally a treatment approach that embraces the whole family!

In one sense, alcoholics and drug addicts are the fortunate ones. They have to learn a new way to live or risk death, incarceration, and loss of everything they hold dear.

But what about the other members of their family? Because so many of them believe that the addict is the problem, they do nothing about their own habits of mind and heart-and continue to live in resentment, anger, and fear, feeding their own stress level and shortening their lives in a way that's very different from the addict-yet, on another level, remarkably similar.

Rewriting Life Scripts: Transformational Recovery for Families of Addicts contains information, explanation, and processes for change. Following the steps outlined in this book brings peace of mind, forgiveness, reconciliation, and the ability-truly-to live happily ever after.

About the Authors

Nancy Oelklaus, Ed. D. has more than 30 years in education, specializing in curriculum development, professional development, and leadership development. First and foremost, she is a teacher. She's also an author, coach, speaker, and workshop leader.

Irene Watson, MA brings over 40 years of life changing experiences and study into her hands-on retreats and workshops. Her background includes psychosynthesis therapy and entrepreneurship. Irene's vision is to inspire others to find their authentic self.

Liliane Desjardins, LCAS loves helping people to do better. With 32 years of clinical experience, she understands and appreciates the beauty, resilience, resourcefulness and deep intelligence of human spirit.

Acclaim for *Rewriting Life Scripts*

"*Rewriting Life Scripts* is a must read for everybody in a family that lives with addiction. A lot has been written about and for people who are addicted. But this book is for the family. And it's good. Their advice is very straightforward and practical and their description of the family disease is a very real picture of the kind of reactions family members develop when they live with someone who is addicted."

--Tony Mandarich, former NFL player, author of *My Dirty Little Secrets: Steroids, Alcohol, and God*

"*Rewriting Life Scripts* is an invaluable roadmap for anyone navigating the difficult journey through the family disease of alcoholism, with stories of success from real people who have 'been there, done that' and are willing to share their experience, strength and hope. Addiction doesn't discriminate and neither should recovery -- recovery for the family too."

--William C. Moyers, author of *Broken* and

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Bernard Martin:

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Mary Barnett:

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Lourdes Tyner:

Rewriting Life Scripts: Transformational Recovery for Families of Addicts (Life Scripts Recovery) can be one of your nice books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to put every word into enjoyment arrangement in writing Rewriting Life Scripts: Transformational Recovery for Families of Addicts (Life Scripts Recovery) yet doesn't forget the main place, giving the reader the hottest as well as based confirm resource data that maybe you can be one of it. This great information can easily drawn you into brand new stage of crucial contemplating.

Erick Graf:

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