

Recommended Books for Healing



**Your Guide to the Best Books for
Adult Child of an Alcoholic Healing**

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Powerful Books for Healing If You're an Adult Child of an Alcoholic

Recommended by Jody Lamb

Discover the Best Books to Help You Heal and Thrive

Hey there! If you grew up with an alcoholic parent, these books can be life changing! Whether you're just starting to heal or you've been at it for a while, these are the ones that helped me understand my past and move forward. I hope they help you, too. You can click the links to buy on Amazon (I may earn a small commission at no additional cost to you) or check them out for free at your local library.

Understanding Trauma & Emotional Recovery

- [The ACoA Trauma Syndrome](#) by Dr. Tian Dayton
Understand how emotional trauma from childhood affects your adult relationships and how to heal with science-backed strategies. If you're only going to read one book on this topic, make it this one.
- [Adult Children of Alcoholics](#) by Dr. Janet Woititz
Learn the 13 common traits shared by ACoAs and finally understand yourself with clarity and compassion.
- [After the Tears](#) by Jane Middleton-Moz & Lorie Dwinell
A deep dive into emotional wounds, perfectionism, and healing from dysfunctional family dynamics.
- [Adult Children of Emotionally Immature Parents](#) by Dr. Lindsay C. Gibson
Not about alcoholism specifically, but helps explain emotional neglect and teaches you how to reclaim your voice.
- [Perfect Daughters](#) by Dr. Robert Ackerman
Explores perfectionism, people-pleasing, and boundary challenges for daughters of alcoholic mothers.

Codependency & Boundaries

- [Codependent No More](#) by Melody Beattie
A classic guide to breaking codependent habits and reclaiming your life.
- [Codependence and the Power of Detachment](#) by Karen Casey
Learn how to lovingly detach and stop over-functioning for others.

Inner Healing & Self-Care

- [It Will Never Happen to Me](#) by Claudia Black
One of the most validating books ever written for children of alcoholics.
- [Playing It by Heart](#) by Melody Beattie
Encouragement and self-care practices for adult children of alcoholics who never learned to prioritize themselves.

Daily Meditation & Reflection

- [One Day at a Time in Al-Anon](#)
- [Courage to Change: One Day at a Time in Al-Anon II](#)
Bite-sized, daily support for emotional healing.

Deep Recovery Work

- [Adult Children of Alcoholics/Dysfunctional Families "Big Red Book"](#)
It's a massive book but don't let that deter you! It's the foundational ACA recovery manual with tools, traits, and affirmations.

If You're Living with an Active Alcoholic

- [If You Loved Me, You'd Stop](#) by Lisa Frederiksen
Understand the science of addiction and how to protect your own peace. More at breakingthecycles.com.
- [Love First: A Family's Guide to Intervention](#) by Jeff Jay & Debra Jay
Compassionate, step-by-step guidance for intervention and support.
- [Get Your Loved One Sober](#) by Robert Meyers & Brenda Wolfe
Introduces the evidence-based CRAFT method to help encourage recovery and protect your well-being.

Want More Support?

Visit jodylamb.com for free healing tools and resources. You'll also get emails from me with helpful tips and encouragement from someone who's been there. Follow along on Instagram [@jodymlamb](https://www.instagram.com/jodymlamb) and YouTube [@JodyLamb](https://www.youtube.com/JodyLamb) for inspiring stories and tips.

