



# DON'T LET YOUR KIDS KILL YOU (OP)

*First Last*

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*First Last*

## **DON'T LET YOUR KIDS KILL YOU (OP)** First Last

This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse. It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it. The book relies on spiritual but practical teachings and the message is for parents to attain a healthy balance in their lives through the letting go process. While showing parents how to safely distance themselves from the child's destructive patterns, it also shows how to recognize and support healthy requests for real help, if and when they come. It includes anecdotes and quotes from parents who have had to cope with kids on drugs and/or alcohol.

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#### **Nellie Wellborn:**

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