

FAMILY SECRETS REVEALED: SIMPLE TRUTHS ABOUT HEALTHY FAMILY DYNAMICS

RESOURCES

BOOKS

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- Fogarty, J. A. (2003). *Overindulged children: A parent's guide to mentoring*. Liberty Publishing Group.
- Gottman, J. & Silver, N. (1999). *The 7 principles for making marriage work*. Three Rivers Press.
- Whitfield, C. L. (1987). *Healing the child within: Discovery and recovery for adult children of dysfunctional families*. Health Communications, Inc.

ONLINE ARTICLES

- Adult Children of Alcoholics World Service Organization. (2018, August 4). *Our ACA meditation of the day*. <https://adultchildren.org/aca-daily-affirmation>
- Band Back Together. (2019, March 17). *Adult children of dysfunctional families*. <https://bandbacktogether.com/master-resource-links-2/family-resources/adult-children-of-dysfunctional-families>
- Davenport, B. (2020, September 23). *39 Unhealthy signs of a dysfunctional family*. Live Bold and Bloom. <https://liveboldandbloom.com/09/relationships/dysfunctional-family>
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- The Lifescript Editorial Staff. (2017, November 17). *The new normal – Healing from a dysfunctional family*. Everyday Health. <https://www.everydayhealth.com/healthy-living/healthy-home/new-normal-healing-from-dysfunctional-family>

PODCASTS

- Bobby, L. M. (Host). (2020, November 23). *Dysfunctional family roles* [Audio podcast episode]. In *The Love, Happiness and Success Podcast with Dr. Lisa Marie Bobby*. Growing Self. <https://www.growingself.com/dysfunctional-family-roles>
- Cole, T. (Host). (2019, May 28). *Is your family dysfunctional?* (No. 196) [Audio podcast episode]. In *The Terri Cole Show*. <https://www.terri cole.com/is-your-family-dysfunctional>
- Gaddis, J. (Host), & Cole, T. (2018, November 15). *Setting boundaries with dysfunctional family members* (No. 219) [Audio podcast episode]. In *The Smart Couple Podcast*. The Relationship School. <https://relationshipschool.com/podcast/setting-boundaries-with-dysfunctional-family-members-terri-cole-smart-couple-podcast-219>

WEBSITES

- Adult Children of Alcoholics World Service Organization
<https://adultchildren.org>
- National Council on Family Relations
<https://www.ncfr.org>


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