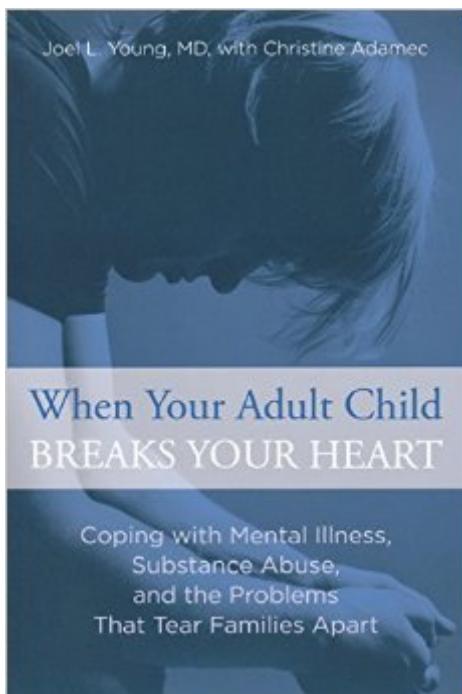


[The book was found](#)

# When Your Adult Child Breaks Your Heart: Coping With Mental Illness, Substance Abuse, And The Problems That Tear Families Apart



## Synopsis

Behind nearly every adult who is accused of a crime, becomes addicted to drugs or alcohol, or who is severely mentally ill and acting out in public, there is usually at least one extremely stressed-out parent. This parent may initially react with the bad news of their adult child behaving badly with, "Oh no!" followed by, "How can I help to fix this?" A very common third reaction is the thought, "Where did I go wrong--was it something I said or did, or that I failed to do when my child was growing up that caused these issues? Is this really somehow all my fault?" These parents then open their homes, their pocketbooks, their hearts, and their futures to "saving" their adult child--who may go on to leave them financially and emotionally broken. Sometimes these families also raise the children their adult children leave behind: 1.6 million grandparents in the U.S. are in this situation. This helpful book presents families with quotations and scenarios from real suffering parents (who are not identified), practical advice, and tested strategies for coping. It also discusses the fact that parents of adult children may themselves need therapy and medications, especially antidepressants. The book is written in a clear, reassuring manner by Dr. Joel L. Young, medical director of the Rochester Center for Behavioral Medicine in Rochester Hills, Michigan; with noted medical writer Christine Adamec, author of many books in the field. In the wake of the Newtown shooting and the viral popularity of the post "I Am Adam Lanza's Mother," America is now taking a fresh look, not only at gun control, but also on how we treat mental illness. Another major issue is our support or stigmatization of those with adult children who are a major risk to their families as well to society itself. This book is part of that conversation.

## Book Information

Paperback: 264 pages

Publisher: Lyons Press; 1 edition (December 3, 2013)

Language: English

ISBN-10: 0762792973

ISBN-13: 978-0762792979

Product Dimensions: 1 x 6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (70 customer reviews)

Best Sellers Rank: #84,545 in Books (See Top 100 in Books) #71 in Books > Parenting & Relationships > Family Relationships > Parent & Adult Child #131 in Books > Health, Fitness & Dieting > Reference #131 in Books > Parenting & Relationships > Reference

## Customer Reviews

My beautiful adult daughter has been suffering with mental illness (ADHD, depression, bi-polar, OCD, suicide threats/attempts and oppositional defiance disorder) for most of her life which of course has affected my family, friends and her boyfriends - not to mention has involved schools, universities, police and social workers throughout the years. Like so many, we've taken her to counselors, doctors, psychiatrists, and sought help from mental health groups. She's been on and off medication to the point that we can't even keep track. Most of the time she's good to be around and we just hope it lasts; yet when she tanks it happens fast and furiously. And by furiously, yes, she is violent. Her last episode was over a year ago and resulted in her being arrested. With much counseling and advice - and without going into details - I'm not sure that I will ever see her again. This breaks my heart and even though I believe what my husband and I are doing is the best, this book really has helped me. It is written by professionals, gives case examples and is probably the first book I've come across that cites actual studies involving mental illness patients! Finally I had some numbers behind statements. Of course, mental illness is extremely difficult to study; yet the studies cited help to at least see if situations are occurring more or less than average for similar situations. Of course, this doesn't give "answers" but gosh it was helpful to me. It is written from a very balanced perspective, good logic behind comments/statements and really approaches mental health situations holistically. I would recommend it to anyone that is experiencing mental health situations with someone you love who breaks your heart.

[Download to continue reading...](#)

When Your Adult Child Breaks Your Heart: Coping With Mental Illness, Substance Abuse, And The Problems That Tear Families Apart Coping With An Addict: How to deal with drug addicts, substance abusers using pot, prescription pills, cocaine or methamphetamines (Coping With Alcoholism and Substance Abuse Book 5) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) How to Help an Alcoholic: Coping with Alcoholism and Substance Abuse (Help an Alcoholic Spouse, Alcoholic Family Member, Friend or Addict) (Coping with ... Husband, Dependence, Domestic Abuse) Seeking Safety: A Treatment Manual for PTSD and Substance Abuse (Guilford Substance Abuse) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Clinical Work with Substance-Abusing Clients, Third Edition (Guilford Substance Abuse Series) Dear Daddy: The child abuse true story that will break your heart (Child Abuse True Stories)

Mental Illness: PTSD: Learn How To Handle PTSD Triggers (Bipolar Trauma Depression) (Self Help Mental Illness Dysfunctional Relationships) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Sum & Substance Audio on Securities Regulation with Summary Supplement (CD) (Sum and Substance Audio) Dirty Little Dog: A Horrifying True Story of Child Abuse, and the Little Girl Who Couldn't Tell a Soul. (Skylark Child Abuse True Stories Book 1) Locked In: One Girl's EXPLOSIVE TRUE STORY of Child Abuse (Child Abuse True Stories) Daddy's Wicked Parties: The Most Shocking True Story of Child Abuse Ever Told (Skylark Child Abuse True Stories Book 2) Cornered: The Painful True Story of My Child Abuse Hell (Child Abuse True Stories) STARSTRUCK: The most SHOCKING child abuse true story you'll EVER read! (Child Abuse True Stories) Elder Abuse Prevention and Intervention: A Guide to Dealing With Nursing Home Abuse and Other Elderly Abuse Issues Healing the Adult Child's Grieving Heart: 100 Practical Ideas After Your Parent Dies (Healing Your Grieving Heart series) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition)

[Dmca](#)