

Don't Let Your Kids Kill You

author: Charles Rubin

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Synopsis

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When kids turn to substance abuse, parents also become victims as they watch their children transform into irrational and antisocial individuals. This harrowing scenario finds parents buckling beneath the stress, often with catastrophic consequences: divorce, career upsets, breakdowns, and worse. *Don't Let Your Kids Kill You* is a landmark work that dares to focus on the plight of the confused, distressed parent and not the erring child. It sets aside any preconceived ideas that parents are to blame for what is essentially a full-blown global crisis. Drawing on interviews with parents who have survived the heartbreak of kids on drugs, combined with his own experience, Charles Rubin provides practical advice on how parents can help themselves and their families by first attending to their own needs.

Reader's comments

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