



Recovering My Kid: Parenting Young Adults in Treatment and Beyond

Joseph Lee

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National expert Dr. Joseph Lee explains the nature of youth addiction and treatment, and how families can create a safe and supportive environment for their loved ones during treatment and throughout recovery.

Raising a child is tough as it is, but when your kid becomes addicted to alcohol or other drugs, it can feel as if you're living a nightmare. You're not alone. In *Recovering My Kid*, Dr. Joseph Lee, a leading youth addiction specialist, takes worried, confused, and angry parents by the hand and addresses their most pressing questions and fears: What is addiction? What happens when my child returns home from treatment? How can my family support his or her recovery? What if my child relapses? How can my family get well again?

Getting your child and your family well again requires the support and understanding of the whole family, even if feelings and trust were damaged. In his engaging and straightforward style, Lee explains the difficult concepts of addiction, treatment, and recovery in a way parents and families can understand and gives them concrete strategies they can put into practice.

This book will help family members begin to understand what their loved one is going through and how they can help the addict adjust to a clean-and-sober life while still taking care of themselves.

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