

Loving Our Addicted Daughters Back to Life: A Guidebook for Parents

Linda Dahl



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The latest information on gender-specific treatment of addiction and recovery can be found in this go-to manual for parents seeking direction to help their daughters. Step-by-step guidelines present tools for recognizing substance abuse in young women; communicating with them and their care providers; dealing with relapse and long-term recovery; and managing parental shame, guilt, fear, anger, and loving detachment.

Linda Dahl is the author of six books, including *Morning Glory* (2012), chosen as a *New York Times* Notable Book of the Year. A mother of two, she currently resides in New York.

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