

## Chapter 1 : Book Review " Don't Let Your Kids Kill You | The Serenity Game

*Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children [Charles Rubin] on [blog.quintoapp.com](http://blog.quintoapp.com) \*FREE\* shipping on qualifying offers. This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse.*

It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it. The book relies on spiritual but practical teachings and the message is for parents to attain a healthy balance in their lives through the letting go process. I am learning I am not crazy, not a bad mother, not a horrible person. I AM learning that I have done all I can possibly do to help my son - and I am now getting help to save my own life. Before beginning this book I was literally believing that I was at the root of all of what had gone wrong with my son now I was getting to the point where I was becoming unhealthy, not only emotionally, but psychically. I have a masters degree in Counseling. I needed help, but living in a remote area, I had no groups to attend, and trying to keep my personal issues out of the academic setting where I work - help for me is limited. This book is, literally, giving me hope to keep living. I look forward to each day after work to get my Kindle and keep reading. Dunado on Feb 04, This author confirmed the worthiness of my actions as the parent of a young adult addict daughter. It helped me feel more confident in decisions that were tough to follow through on as they go against all we are instinctively prone to do and say as a loving parent. It also dispelled the notion implied by a twelve step group that I needed to do my own twelve step program to help my child. It also addressed that old notion that there are stages to grief and one will get through it, and find a way to be happy again. In truth the pain never goes away, we just find ways to lessen it and distract ourselves from it. How I wish it were otherwise. We need more books by healthy, non-addict parents to guide us through this horrendous journey, which in truth is a "living death" of our loved one. Sometimes I think that if my child had reached a bottom and that was death, at least I could find some peace, even if I lived with sadness. As it is there is no real peace and lots of sadness each day, each moment, each second Very good resource for me that helped me accept the necessity and wisdom of my actions and reactions to my addict daughter, no matter how gut wrenching and contradictory they seem to me as her parent, to carry out. Joseph on Jun 09, If you have a child who is an addict and it is breaking your heart, you must read this book! I also realize now that it might never happen. My son has had a serious drug problem for seven long years. We have put him in seven different rehabs, counseling, you name it, but nothing has worked. Now he and he alone must face the consequences of his decisions. His drug problem is now his and his alone. This book helped me to see the truth. Although I will always love my child, I refuse to suffer from his choices. I have to and so do you. Hurting parent, read this book. Finally a book that does not blame parents By Midwest25 on Oct 12, At last a book that does not make parents feel worse than we already feel. Even if we tell ourselves that my child made the choice to become a user, we still harbor guilt inside of us. There are many people, books, and so-called experts who will find blame with the parents. The physical symptoms of palpitations, headaches, anxiety, panic attacks, high blood pressure, stomach disorders, etc. One can divorce a spouse, be estranged from family members, discontinue unhealthy relationships, but how do you draw healthy boundaries with your self-centered addicted child? Unless you are one of us, I think you will probably never understand. Thank you Charles Rubin for writing this book, I constantly turn to it for reassurance and guidance. After years of abuse from my 44 year old daughter the light bulb turned on!!!! My daughter has the problem, not me. My girl fooled me a few times into thinking she was happy and changed, wrong! I decided to take my power back, get rid of her and get on with MY life!! The book was good for me because I found out I was not alone and I did the best thing for me, I took back my power. Excellent, excellent book and a lifesaver for those parents out there trying to rescue their children. I remember distinctly when my sister as well as friends made the choice to step out of being in relationship that required honesty, commitment, accountability into one of addiction and with that came a war on our lives. I had been driven to my knees by an addicted child, and this book was a literal life saver. This book gave me the tools needed to

protect myself and my family, emotionally, mentally, and spiritually. I got ideas on how to change myself in positive ways, and my improved behavior in turn was an asset to the addict in the family. The book is a quick and easy read. It gives information on expectations, setting boundaries, overindulging our kids, detaching from an addict, and dealing with the interference from others. There is also a section on where to get additional support and help. I carry this book with me and refer to it periodically. I recommend it highly. We gave him the best years of his life and he has squandered his education, his grandparents inheritance, the love of his family and he is free to live the rest of his life as he sees fit when he gets out of jail. By Snarky on May 30, The title of the book grabbed my attention. The concise, apt, poignant content, kept my attention. By Kindle Customer on Oct 06, My husband and I have been dealing with two teen aged sons now 21 and 17 who are both drug addicts. Over the course of five years our sons have become progressively more addicted primarily to marijuana It started with never doing homework, then skipping school We are typical hard working, present and anxious parents and it took us a few years and this book to accept that our sons had lost their concern for our feelings and well being. The abuse began with them stealing from us.. We responded with counselling, lectures, assistance, enrolling them in different schools, finding them jobs, chauffeuring them all over town and generally waiting for them to change They did not change and we were wrong. This book helped us regain our lives. Upon reading this book we discovered that other parents had gone through the EXACT same misery we were suffering. We learned from this book that we had to get rid of our expectations Our boys were addicts. No amount of encouragement, love, lecturing or pleading was going to change that Gleaning from the book a few methods by which to assert our rights I wish there were more , we slowly began the process of trying to regain some control over our home. For example, we recently installed an alarm system in our house and our 17 year old now must leave with us in the morning and stay out of the house until we return in the evening. I read this as I write, and it sounds extreme; but for the first time in years I am not afraid of what I will find when I get home from work. Broken furniture, drug paraphernalia, stolen jewelry, general destruction. And, our son has realized there are limits. I highly recommend this book for any parent dealing with a teen aged child who has become abusive because of drug use. It will not cure the addiction, but it can help one recognize abuse I do wish there was a sequel, though, to show me the happy ending Rubin makes that I agree with, his main message is "dump them before they kill you". Very little hope passed out too. He believes that some children are simply "un-redeemable". That relapses mean "failure". And that failure is nearly always the "fault" of the individual with the disease. He believes that the best people to treat your children are former addicts who can spot "manipulation" and have all the answers because they were able to "beat" addiction. Instead of medical providers who specialize in the practice of addiction medicine. It would seem that he believes that addiction is a behavioral problem, a moral problem, a character defect, or a "willful disregard" for the law and good health practices, not a brain disease that alters the chemical make up of the brain resulting in impaired judgement and substance seeking behaviors that often become crimes when the individual with the disease is no longer able to make the money they need to feed their addiction. If you are tired of trying to understand your addicted child and want justification for giving up on them, this is your book. He uses disparaging terms when referring to individuals with the disease of addiction, druggies, junkies, drunks, etc. I wholeheartedly agree with his final suggestions to parents, that we speak up and speak out about how the disease of addiction has devastated the lives of our children and our families. How little our elected leaders are doing to fight this epidemic other than locking up people who are suffering from a disease, that most likely has never been effectively treated or managed by medical professionals. They might as well install revolving doors in our jails and prisons. An individual in our state needs hours of classroom time to become a "Nail Technician" and give manicures and pedicures. However to treat someone with the life-threatening disease of addiction, as a State Certified Addiction Counselor , hours of classroom time is all it takes. This book will give you plenty of reasons to "throw in the towel" and just walk away. Jason Powers, available at Amazon. Addiction is a manageable disease when properly treated on a "continuum of care" basis. Not every parent that is trying to battle the disease of addiction is a "codependent enabler". While no one should allow themselves to be victimized or harmed by anyone including their addicted child , simply looking for the appropriate resources and recognizing the very ineffective systems that seem to work against recovery is a

very natural thing for any parent of a child with an incurable, often fatal if not well controlled disease, to do. Until the families and loved ones suffering from the disease of addiction, particularly those who do not match the "stereotype" the public "sees" when they think about us , speak up and speak out loudly, demanding better access to QUALITY treatment, and life long disease management practices that conform to the recommendations and guidelines of our National experts from the agencies I mentioned above , this disease will continue to grow by leaps and bounds. They are both growing by leaps and bounds, costing us billions of dollars and not making us a bit safer from the crimes of individuals with the disease of addiction. If a fraction of the money spent incarcerating individuals with the disease of addiction was spent providing them modern science based treatment as is done in Europe things might be very different. Laws had to be passed to force the insurance industry to cover this disease the way they cover any other chronic disease that is prone to relapses after remission.

**Chapter 2 : Charles Rubin - The Inner Light Foundation**

*Don't Let Your Kids Kill You by Charles Rubin This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse.*

Helped me to better understand what I was up against and what it really means to be a parent of an addict. It has a lot of arguments against enabling. His suggestions make a lot of sense. Aug 25, Jeffery rated it really liked it This is a useful book for those parents or grandparents of adult children who are addicts. Rubin is straightforward about his experience as a father of two drug addicts, and all the pain, drama, manipulations and false hopes that such a life involves. He has counseled with many others in the same position, and relates many stories to illustrate his arguments of how to deal with the many ups and downs, hopes, failures, lies, etc. Rubin does not This is a useful book for those parents or grandparents of adult children who are addicts. Indeed, this is an authentic and gritty account of what it takes to survive such an ordeal as a parent. It is a helpful book concerning what "tough love" looks like; the mental attitude that must be behind it; and how very strong boundaries can help the parent navigate the late night phone calls, arrests, pleading, false hopes and threats that life with many addicts involves. He does not put a soft edge to it - he advocates a very strong form of self-protection and tough love, because he has seen many lives ruined by addiction. It may help such a parent just to read about so many stories of others, because it can give an emotional and mental distance to see the situation afresh, free of the trauma and upheaval of having to go through it yourself. He puts words to what so many have suffered. And because his experiences have been so harsh from what he says , the responses he advocates are strict. In that way, it is a helpful book. But the book has weaknesses. It is full of anecdotes and stories, but never seems to dip even the slightest toe into what research has found about working with addicts and their families. If we looked at cases, what would we see that tends to work best? What has been the broad, overall experiences of those who run Al-Anon or drug treatment counseling centers? Rubin never discusses addiction from that angle, or gives a single citation to back up his strong assertions. I would love for him to connect with the larger research on his next edition, or include some observations of people who have lived through and studied the experiences of parenting adult addicts. His writing can be quite repetitious, especially in the Introduction 3rd edition where he states repeatedly how unique his book is. But once you are into the first chapters he moves very carefully through quite a wide range of topics - he is thorough. Of course, life is complicated, and so both may be true.

*Don't Let Your Kids Kill You has ratings and 25 reviews. Leslie said: Reading Charles Rubin's book and so far the author is right on point. Four days.*

I made it through the first two chapters and had to stop and allow the tears to flow freely. Finally, someone understood what I had been feeling for ten years in dealing with the anguish, the shame, the denial, and the fear. The author is not a doctor, he is not a counselor, he is just a parent who has endured the most heart-breaking ordeal a parent can go through. This book offers no mirale to cure your addicted children, but it can help you to begin to help yourself. Rubin, for sharing your story with the rest of us who are in pain and want our lives back. A bible for parents of drug addicted children A Customer on Mar 26, Let me start by saying I do not like self help books. This book is the one book I have recommended highly through my ordeal with a drug dependent child. This is a man who has been there and learned the hard way as most of us do how to take care of himself and the rest of his family while still loving your child. He reminds us that when a child is high on drugs, you are not having a conversation with your child, you are having a conversation with the drug. Please read this book and highlight the passages you need when your child is conning you and making you feel guilty. It is written by an ordinary parent who watched in horror as his two children were swept away by the insidious and powerful tide of drug abuse. As any parent knows who has an alcoholic or drug addicted teenager, the overwhelming feeling of helplessness can drive you to despair. This book clearly defines both your parental responsibility and your limits. It teaches you to "let go and let God"--one of the basic tenets of such support groups as Al-anon and Tough Love. If you are frightened and confused by the self-destructive behavior of one of your children, if you do not know where to turn for help, read this book. It just may be the first step back to a sane life in which you reassert your right to a happy and fulfilling existence even if your child continues to pursue the road to hell. This book addresses the parents that have loved and adored their children from birth. In fact, it addresses the parents that thought they did it all right. Loving, supportive environments were provided. And when the trouble begins school calling, police involved the parent who is bailing their kid out of trouble, but can never seem to fix them. Things only get worse. Thank you for this book. My heart is broken, my pocketbook is broken, but I can finally stop. I finally understand what I CAN do and should do. Extremely Beneficial for Parents By Luana Jackson on Aug 01, This book was very helpful in dealing with an adolescent who is addicted to drugs and alcohol. It makes you realize that you are not alone, and the choices you must make are hard, but they are needed. Prior to reading this book I was already following some of the advice, but I was getting negative feedback from some members of my family. There is excellent advice, and support in this book. I would highly recommend it for anyone who is suffering from an addicted child, or even someone who is suspecting addiction. You will definately not feel alone in your situation. One of the most important books of our times A Customer on Sep 17, More people should know about this book--parents, teachers and recovery centers. The book is also a gem in terms of dealing with just about anyone, not just kids, on substances. Siblings, parents, lovers, bosses. I recommend this book to any parent of a drug or alcohol addicted child One of the few books to parents from a parent! By Jules Anna on Jun 20, Tells it like it is and offers much needed help! The manipulations by our addicted children, the mind games, the pain and hurt caused by their actions and how to help overcome them, all get addressed! Having been in the trenches with his own children the author offers much guidance and comes from true understanding. The best book on the subject! This book is not the answer to your problems! A Customer on Jun 12, This book, while written with the intent to help parents in crisis, falls short of that goal. Most of the information is just common sense put to use. I would not recommend this book as an answer to parents who need real life altering help. Spend money on this book at your own risk Life changing By Jerry on Jun 20, This book changed my life. My son is an addict and it was eating me alive. I could have almost written some of the case studies in the book, so it really hit home and told me I am not alone in this struggle. It is no exaggeration to say that the book changed my life. After reading it, I got off those meds and am now back among the human race. I wish I could have given it 10 stars. Your journey with your Addict is a personal one, but I can not

imagine it not being covered in this book. I purchased it on audible and have listened to it twice. I am now purchasing the paperback so that I can use it as a study guide and physical reference when needed. Thank you Charles Rubin for being brave enough to tell your story and share your research. The stigma that goes along with this disease is a veil that will soon have to be lifted in this country. There will be no cure without gut wrenching honesty from all of us that suffer with our addicts. He offered suggestions, solutions and personal wisdom to a problem that is so insurmountable to me as a parent. I have plans of purchasing several of these and sharing them with friends and loved ones whose lives have been destroyed by this epidemic. It is informative By Ludus Maximus on Oct 14, Parents new to dealing with addict children will find this book very useful. It is informative, reassuring and offers helpful suggestions. By Gipperdeux on Feb 10, This took a lot of courage to write. Before I became a parent of a disturbed teen, I thought I had all the answers too. What a lesson in humility. I felt completely broken before reading this book. What an insightful book. No one who has had By Annilee Rohrscheib on Jun 09, What an insightful book. No one who has had an addict for a child can fail to relate, and anyone who fails to relate has not had a child with an addiction. Simply put, a book to help struggling and emotionally spent parents come to terms with reality, much of which revolves around changing their long-held aspirations for their children and ultimately for themselves. Have read it twice, and will no doubt be reading it again at some point for the grounding it provides. It was especially nice that this was written by a parent who has By Christa on Aug 27, Really helpful in dealing with my addict son! It was especially nice that this was written by a parent who has been there, done that. Gave me the courage and a dose of reality I needed to administer some much overdue tough love After the second read, I was finally able to start distancing myself. Charles Rubin helped me take myself off the hook. Pretty Intense By Dragons1stfire on Dec 14, This book is great for anyone who has an issue with a teen who is involved with the drug scene. There is a lot of good advice in this book, difficult to hear advice, but good sound advice! Amazing the changed adult children can make when parents stop Daniel on Jul 14, This book has very practical advice and there are actually coping tools in it that have helped me tremendously. I have an addicted son and a "entitled" daughter who is not a drug addict. This book has helped me to be able to deal with both. Amazing the changed adult children can make when parents stop enabling. I actually have been trying to to enabling for many years, but had no true practical way to go about it. This book gave me the tools to do that. Add a Book Review Book Summary: This particular edition is in a Paperback format. It was published by Element Books Ltd and has a total of pages in the book. To buy this book at the lowest price, [Click Here](#).

### Chapter 4 : Don't Let Your Kids Kill You : A Guide for Parents of Drug and Alcohol | eBay

*Don't Let Your Kids Kill You Quotes (showing of 5) "each person fulfills his or her own destiny" whether it be good or bad "in his or her own time and unique way." • Charles Rubin, Don't let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children.*

Her last text message yesterday of 15 text messages in the space of 5 minutes was. I mentioned this to Mr. So I went on the internet and searched for books to read to help me through this. It is dedicated to letting parents know when it is time to start saving themselves from being dragged along to destruction as well, and to providing skills that prevent it. The book relies on spiritual but practical teachings and the message is for parents to attain a healthy balance in their lives through the letting go process. This book also applies to parents with kids that have substance abuse problems in tandem with mental illness, which is the case with my daughter. The sad truth here is that street drugs are much easier to get than psychiatric meds. Psych meds required going to a Doctor or clinic which is expensive and also require regularly scheduled follow up visits. In other words it requires responsibility, planning and follow through. Not easy and usually not part of the skill set for a person who has difficulty deciding on which shoe to put on first in the morning. There are so many parents out there suffering that there are a boat load of books written about it. There is a law in Oregon state that if a child commits a felony offense, the parent is charged and convicted and pay the consequences for the crimes of the child. There is a broken record in my head that keeps playing the same questions over and over: What could I have done to prevent this? What did I do? What did I not do? If this person engaged in the offensive or violent behaviors and language, abused you physically or emotionally, stole from you, lied to you, and was just in general an all-around looser! Would you accept their behavior, make excuses for their actions, blame yourself, or even associate with them at all? You would not; give them money, tolerate hysterical phone calls at 3: So instead of nursing this gaping wound for my child I have to start taking better care of myself. I have to start living my good dreams instead of my nightmares. The stress of not doing so could kill me. And it does kill parents of troubled children on a regular basis via high blood pressure, heart attacks, strokes, suicide, bleeding ulcers, and other stress related health conditions. My daughter has threatened me with suicide many times if I did not do what she wanted me to do. Today I accept that as an adult this is her decision to make. But, also, now that she is adult she is responsible for her own life. I am no longer willing to die for her.

*Note: If you're looking for a free download links of Don't let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children pdf, epub, docx and torrent then this site is not for you.*

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### Chapter 6 : The Chronicles of Loving A Heroin Addict: (Book) Don't Let Your Kids Kill You

*Don't Let Your Kids Kill You - Publication Date: August 1, This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction through drug and/or alcohol abuse.*

He says he has a job. Then comes the zinger you knew would be coming. He says everybody at this company wears business suits and ties, none of which he has. The implications are clear. This is not the child you gladly would have financed in any way possible to get him started in life. This is the child who has been strung out on drugs for years and has shown absolutely no interest in such things as having a conventional job. He has also, if you remember correctly, come to you quite a few times with variations on this same tired, old story. One variation called for a car so he could get to work. Another variation called for the money to purchase a round-trip airline ticket to interview for a job three thousand miles away. Being presented with what amounts to a no-choice request, the question is: Are you going to contribute in what you know is probably another scam, or are you going to say sorry and hang up? You have to change the coda. You have to forget all the stipulations there are to being a parent. You have to harden your heart and tell yourself parenthood no longer applies to you—*not* while your child is addicted. Not an easy thing to do. You know in your heart there is no job starting on Monday. The situation may never change. In summary, you had a child and that child became an addict. Your journey with the addicted child has led you through various stages of pain, grief, and despair and into new phases of strength, acceptance, and healing. You would never have sacrificed your child just so that you could become a better, stronger person. But this is the way it has turned out. You ache for what might have been with your child, the happy life, the fulfilled career. And you ache for the events that never took place—the high school graduation, the engagement party, the wedding, the grandkids. Although you never know.

### Chapter 7 : [PDF] DON'T LET YOUR KIDS KILL YOU (OP) Download Full Ebook - Video Dailymotion

*The Devil At the Door is Heroin. Heroin doesn't discriminate. It destroys lives and families and is robbing our community. These pages are the personal Chronicles of loving a child who uses and abuses heroin and opiates.*

### Chapter 8 : Don't Let Your Kids Kill You Quotes by Charles Rubin

*Buy a cheap copy of Dont Let Your Kids Kill You: A Guide book by Charles Rubin. This is a self-help recovery guide for parents in the devastating situation of realizing that they are powerless to stop their children from self-destruction.*