



# **The Laundry List: The Acoa (Adult Children of Alcoholics Experience)**

*Tony A., Dan F.*

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The originator of the ACoA "Laundry Lists" gives an insider's view of the early days of the ACoA movement. Tony A. discusses what it means to be an adult child of an alcoholic parent and what the self-help group can do for its members. Includes stories, history and helpful information for the ACoA.

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