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The Sun Is Gone: A Sister Lost In Secrets, Shame, And Addiction, And How I Broke Free



Synopsis

This is not a partial glimpse of addiction—it is the whole story. It begins with a violent childhood that bonded two children together forever, perhaps setting the stage for what was to come. Jodee's younger brother Brett became an alcoholic. And she the sister of an alcoholic. As he walked the thin line between life and death, she experienced gut-wrenching highs and lows, obsessively doing everything she could to get his life back on track, sacrificing her own young children, marriage, career, and personal health. Her love for him and his dependence on her would last them a lifetime and almost destroy them both. Like the millions of people worldwide who love someone addicted to drugs or alcohol, Jodee believed she was doing all the right things. Written with extreme candor, no shame, and in the hope of helping other families get help for themselves as well as their loved ones, *The Sun is Gone* sheds a bright light on the often-disturbing reality of the progression of alcoholism and what goes on behind closed doors.

Book Information

File Size: 964 KB

Print Length: 269 pages

Publisher: Hope & Humility Inc (March 20, 2017)

Publication Date: March 20, 2017

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B06XYTR1KK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #158,645 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #28

in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #59 in Â Â Books > Health, Fitness & Dieting > Addiction & Recovery > Adult

Children of Alcoholics #111 in Â Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Addiction & Recovery > Alcoholism

Customer Reviews

A fabulous, no holds barred chronicle of living with, trying to save and finally letting go of a family

member suffering from alcohol addiction .This book will strike a nerve with anyone who knows and/or loves an alcoholic.

I have a deep admiration for Jodi being so truthful and sharing what many families may also be experiencing. Being able to share her journey may help others faced with similar challenges in their lives. Well written. Hats off to Jodi and being able to be the great person she is today.

In her book, Jodee Prouse tells her story honestly, with no secrets untold. When reading this book, be ready to feel the intense pain of watching someone loved by so many, self-destruct and ultimately end his life. Her story gives us a real picture of life with an addicted family member. It also gives us hope because we see that Jodee was lucky enough to have been able to break the co-dependent cycle and get her own life back. It took a lot of effort and there certainly was a cost attached in getting there. Having lived with an alcoholic for years, her story evoked many intense feelings for me. Our stories, unfortunately, ended with the suicide of our loved ones. This book will resonate with anyone who has ever gone through a similar situation. It will also help those who have not, better understand those who have had this tragic experience. Although not a "light read", I highly recommend this book!

I could not put this book down! The author has done an incredible job of sharing her story--a story that looks at the devastation of addiction in a family and how each individual handles the cause and effects left in addictions trails. There is so much to be learned from this story.

It was neat, and a new experience to read a book that takes place in my local area. Addiction is a topic I know very well, but The Sun Is Gone offered a perspective of a side of addiction that I have never known or had the courage yet to explore. Thank-you Jodee for sharing your story and speaking your truth, Brett would be very proud of you.

A moving, heartfelt and IMPORTANT story from an adult child of an alcoholic and sister of an alcoholic. Inspiring and honest! Highly recommend this for ACoAs and loved ones of alcoholics and addicts. Thank you for your bravery, Jodee!

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(addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Gone, Gone, Gone Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Breaking the Cycle: Free Yourself from Sex Addiction, Porn Obsession, and Shame Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction- The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction) My Husband's a Porn Addict: A wife's tormenting journey through her husband's addiction ((Pornography addiction, porn addiction, spouse of porn addict)) Sister Citizen: Shame, Stereotypes, and Black Women in America The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) The Shopping Addiction Remedy: Free Yourself From Retail Therapy Forever By Stopping Your Addiction to Shopping Today (shopping, credit card debt, shopping ... retail therapy, ebay shopping, spending)

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