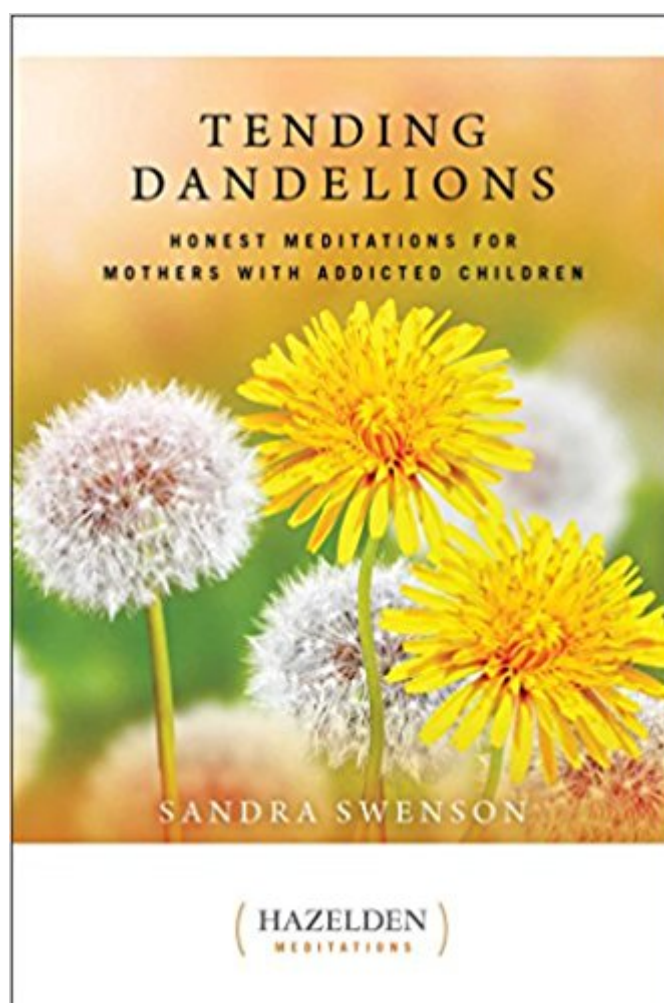


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Tending Dandelions: Honest Meditations For Mothers With Addicted Children (Hazelden Meditations)



Synopsis

Mothers of addicted and alcoholic children share a deep connection—one that is rarely understood by anyone who hasn't experienced a similar path. Sharing our perspectives helps us all grow stronger, together. “We all need to take a closer look at the things we’ve avoided—the things lurking around in this place where love and addiction meet—so we’re as strong as we can be.” —Sandra Swenson, author of *Tending Dandelions*

In the shadows of our children's struggles with addiction, we find ourselves tending to a life for which we weren't prepared. These meditations continue the tradition of Hazelden's beloved meditation books by providing moments of recognition, confession, and healing for those who are realizing that recovery rarely follows a neat or comfortable path. Along the way, we plant beautiful roses only to be injured by their thorns, and we pull up unwanted dandelions that, at times, are our only source of wishes. By sharing the realities we never expected our families to face, mothers of addicted children support each other through experiences that can only be feared and imagined by others. From our shared struggles emerge opportunities for personal growth. *Tending Dandelions* is a vital source of wisdom, support, and strength that helps us begin our own journey of recovery.

Book Information

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Best Sellers Rank: #34,898 in Books (See Top 100 in Books) #91 in Books > Parenting & Relationships > Family Relationships > Motherhood #121 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse #258 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Sandra Swenson has delicately and intentionally provided a wonderful new resource for an

often-overlooked population impacted by addiction – mothers. Addiction ravages families and is one of the most complicated illnesses to navigate for a parent. This set of meditations is poised to support those affected by a loved one's addiction in powerful and meaningful ways. (Greg Williams, co-founder of Facing Addiction) With wisdom and insights born from personal heartache, experience, and a lot of love, this treasure is a goldmine of hope, coping tips, and wit like no other. Mothers and family members of an addict will discover they are NOT alone and, no matter the choices their loved one makes, there is a way to continue to live and love deeply. . . from afar. Sandra writes, "In letting go of you, I'm letting you know that I believe in you. Like a hug, I let go believing that you will find your way back." (Judy Herzanek, coauthor of Why Don't They Just Quit? Hope for Families Struggling with Addiction)

Sandra Swenson is the mother of two sons – one of whom struggles with addiction. A voice for the loved ones of addicts, she first documented her experiences with her son's addiction in the critically-acclaimed book The Joey Song. An advocate for acceptance, education, healing, and recovery, Sandra can frequently be found sharing her story.

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