



# Coping in the Shadows of an Addicted Sibling: (A Young Teen's Journey)

*Darlene R Wood*

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This book is a great learning tool for children of all ages growing up in a household of an addicted sibling. What happens when you are the sibling growing up in a home of an addicted brother or sister? It seems like we are overshadowed and forgotten due to the extra attention an addict requires in the household. This is a true story that so many people can relate to because addiction is becoming more the norm then the rarity; yet, so much focus is on that addicted person - while the siblings are left in the background to fend for themselves. So much pain and suffering occurs through the eyes of the (sober-free) child that they are unnoticed even though the parents try to take the extra mile for them. The story is told through the eyes of a young girl trying to live a normal life, but has to keep many secrets. It tells of her youth, her struggles and takes you through her young life into adulthood dealing with the consequences of a addicted sibling. This book is accompanied with vibrant and detailed illustrations. The overall message is to the point, yet poses many questions, prompting the reader to evaluate their own choices in life. It is quick reading, yet informative for all, but basically addresses the ages 8-21.

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