



Work Addiction: Hidden Legacies of Adult Children

Bryan E. Robinson

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Work addiction is the most acceptable yet dangerous form of addiction for which little help has been available. Robinson shows us how and why adult children of alcoholic or dysfunctional families become super-responsible and compulsive workers, and how the work addiction can destroy the family just like any other addiction. He distinguishes between healthy work production and compulsive overworking, lets readers test themselves for addictive tendencies and provides a personalized plan for recovery.



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